Algoma Public Health 2012 Report to the Community











Dr. Allan Northan *Medical Officer of Health*

This is my last annual report as Medical Officer of Health for Algoma. Next year the report will come out under the new MOH Dr. Kim Barker.

2012 was the first full year we occupied the new Sault Ste. Marie building on Willow Avenue on the Sault College campus. The partnership with Sault College is strengthening the school's Health Sciences programs while adding graduates who have a stronger grasp of community health and disease prevention. The coming years will see significant dividends for Algoma from the colocation of APH with the College.

The tragic collapse of the Algo Mall roof in Elliot Lake caused human tragedy and the shock of the loss of the city hub and its infrastructure of retail stores and community services agencies. The city will mend and rebound. APH is thankful to the Algoma District School Board for providing us interim accommodations for our Elliot Lake, APH office for delivery of services. Look for our permanent new office to be constructed over 2013 and 2014.

I am proud and privileged to have been the MOH for Algoma for the past 20 years.

You are urged to read this 2012 annual report to find out about the year's highlights.

I will look forward to APH annual reports in the years to come to follow the ongoing health status of Algoma as public health services come to you in today's highly technical environment that challenges but also supports your health. APH has a vibrant staff, skilled to promote and protect the public's health. I am fortunate to have worked, over the past 20 years, with APH staff and our communities who have shown a strong commitment to the achievement of a high level of health and wellbeing in Algoma.





Marchy Bruni
Roard Chair

2012 was a year of many emotions and achievements.

The Elliot Lake mall collapse brought health and safety to the forefront. The human tragedy of this crisis illustrates the importance of our need to prevent death and injury in many facets of our lives.

Algoma Public Health thanks its resilient staff in Elliot Lake who, with support from so many in their community, continued to deliver public health and community health services.

Life is varied, and as we coped with tragedy, Algoma Public Health also invested a great deal of time, thought and effort to attract a new Medical Officer of Health to replace our retiring Medical Officer, Dr. Allan Northan. Dr. Kim Barker came to Algoma in October to meet with the Board and participate in an interview. Both Dr. Barker and the Board were positive about establishing a partnership for the future; Dr. Barker will become Algoma's new Medical Officer on August 1, 2013. Dr. Barker has extensive experience in public health, both with Health Canada and Ontario's Public Health Division. APH looks forward to 2013 and the future of public health in Algoma.

I urge the reader to review our 2012 Annual Report. APH staff are committed to promoting good health and wellbeing and protecting your health. You, the client, and our communities are the focus of our work, and the Board strives to serve you with highly-skilled and passionate staff.

Thank you staff for the work you do. Good health in our communities is our goal, and good health is a community's greatest asset.



2012 Program Expenses Brighter Futures for Children Infant Development Healthy Babies Healthy Children Preschool Speech/Communication Dental Health Community Mental Health Alcohol/Drug Assessment Genetics Early Years Programs Other Prevention Programs Public Health

BOARD OF HEALTH

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Trina Mount

Secretary to the Board of Health

Executive Assistant

SAULT COLLEGE - PARTNERSHIP

Algoma Public Health has been at our new office in Sault Ste. Marie since June 2011 and strong partnership ties with Sault College are evident. Not only are the buildings physically connected via the 'link' hallway but both organizations are working together to explore the unique and exciting opportunities that exist.

Directors from both organizations meet two times a year to review and influence the delivery of partnership activities. To date, we have worked together to enhance student placements and learning experiences in nursing, GIS, social work, child and youth and the office admin accelerated program.

Other partnerships include:

Home Inspection



A public health inspector taught the Home Inspection class on the effects of Radon Gas in homes. Students were taught about the exposure and its effects of radon gas found in some Canadian homes.

Hairstyling and Esthetician

A public health inspector spoke to students regarding Spa Health and Sanitation.

In addition, these students worked with the Young Parent's Connection program throughout the year to help build positive self-esteem in young parents.

EVERYONE HAS A STORY! (SOCIAL DETERMINANTS OF HEALTH)

- Theresa is 70 years old and recently widowed. She is healthy but is worried about being on her own.
- 2 Greg just got accepted into his 1st choice school for university. He is very excited but he has just realized how far away he will be from his family and friends.
- 3 Susie has been offered a promotion and is moving to a new, smaller community and her children have to adjust to a new school.

- Jim, a married father with 2 children, got laid off 5 months ago because of the economy. He is still looking for work and worried that they may have to sell their house.
- Mary, a single mother of three children, works 2 jobs and can barely make ends meet. She would like to apply for a better paying job but she doesn't read very well and she never finished high school.



What do all of these stories have in common? They are all snapshots in time of people experiencing the ups and downs of life. How well people cope with changes and challenges strongly affects their health and wellbeing. Learning and growing from these challenges is called 'resiliency' and it can make the difference between weathering difficult experiences or feeling defeated and helpless by them.

Staff at Algoma Public Health understand how life circumstances affect the choices we make and the level of health we reach. We help individuals, families, and communities build resiliency by providing health education, skills training and linkages to support programs and services. Watch our video *Let's Be the Change* to hear what our staff and clients have to say about the things that make us healthy. Visit www.youtube.com/AlgomaPublicHealth and click on the video "Let's be the change."

DIABETES PREVENTION

Algoma Public Health has been involved in the Ministry of Health and Long-Term Care Diabetes Prevention Program since 2010. Algoma, Sudbury, North Bay, Timiskaming and

Porcupine are five northeastern public health units collaborating on the project. The purpose of the project is to develop and implement a primary prevention approach to reduce the rates of type 2 diabetes among priority populations.

The populations include individuals who are 18 years-of-age and older who self-identify as aboriginal and/or who are living on a low income. The

program goals include, increasing awareness of diabetes risk factors and increasing opportunities to reduce the risk for diabetes.

In order to raise awareness about diabetes and the risk factors, a northeast regional health communication campaign

was launched and messages were delivered by various methods including: television, radio, billboards, newspapers, posters and promotional materials.

The community-based programming includes education, training, skill building and environmental and policy support.

Algoma Public Health is working with many community partners to increase opportunities for increasing access to affordable physical and recreational activities, increasing consumption of healthy foods and

enhancing opportunities for individuals to increase food preparing skills. Some initiatives include organizing, supporting and/or delivering diabetes prevention workshops, healthy living programs, walking groups, community kitchens, community gardens, and grocery store tours.

FALLS ACROSS THE LIFESPAN



Algoma Public Health has released Falls Across the Lifespan 2003-2010 report. The purpose of the report is to inform our community partners and the residents of Algoma about the magnitude of injuries resulting from falls. From infant to older adult across the lifespan, falls are a significant issue and largely predictable and preventable. Algoma Public Health is dedicated to working with the community to take action to reduce the impact of preventable falls. The Falls Across the Lifespan report can be found on our website under Surveys and Studies.



For more information or to access any of these programs, call the Parent Child Information Line at 705-541-7101 or district-wide at 1-888-537-5741

BREAST PHOTO CONTEST EVER

In 2012 we hosted the Breast Photo Contest Ever!

We wanted to inspire mothers to breastfeed their babies, wherever and whenever they wanted to! A park, a baseball game, a yoga class, the beach...no setting was off limits. Our hope is that over time, more and more woman will feel comfortable breastfeeding their babies, anywhere and everywhere, which in turn will empower more woman to do the same.



PRENATAL/POSTPARTUM NURSE PRACTITIONER CLINIC

The nurse practitioner clinic provides primary health care services to children up to 5 years-of-age, and their mothers, who do not have a primary care provider.

Services include:

- Newborn, wellbaby and wellchild checkups and immunizations
- Enhanced 18-month wellbaby visit

Well-woman visits:

- Initial prenatal assessment and referral to an obstetrician for ongoing prenatal care
- Referrals to pediatricians and specialists as required
- Episodic illness treatment and chronic disease management.

The clinic is run by nurse practitioners who have access to community physicians for consultation.

Clinic stats for 2012:

Total visits	1,126
Children 0-5	617
Prenatal clients	68
Enhanced 18-month wellbaby visit	14

TRIPLE P (POSITIVE PARENTING PROGRAM



What's new with Triple P:

- 200 Triple P practitioners continue to offer this positive parenting program in Algoma.
- 35 seminars were provided in the Algoma district.
- Primary care appointments were introduced last year.
- 12 videos were created to help support our program.

"Primary care" is a brief meeting where parents/caregivers meet with a Triple P practitioner to focus on specific behaviours they want to improve. Common everyday issues that parent and caregivers face with children are addressed, such as toileting, bedtime routines and aggressive behaviour, just to name a few.

Michelle, a public health nurse shared this story:

"I had the pleasure of meeting a mother of four who was asking for help with following rules and listening. This Mom already tried many strategies and was feeling frustrated. I am happy to say this mother reported that the new strategies worked. She came back week after week looking happier and reported being betterable to manage her children's behaviour. As a professional, I am very excited to provide families with an effective, evidence-based program such as Triple P."

PARENT CHILD INFORMATION LINE (PCIL)

Parent Child Information Line: 705-541-7101 or 1-888-537-5741

The Parent Child Information Line (PCIL) provides a single point of access to clients and agency providers for services to children 0-6.

PCIL is staffed by public health nurses (PHN) who provide information and support on a variety of topics such as nutrition, breastfeeding, parenting programs, oral health, safety, and infant/child and maternal health.

PHNs are able to complete referrals so that families have a direct link to a variety of services and agencies within the district of Algoma.

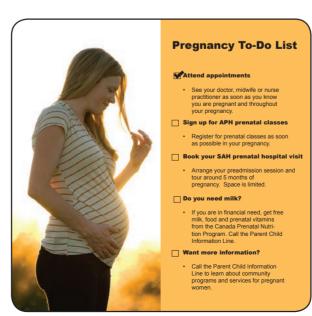
Hours of operation are Monday to Friday 9:00 a.m. to 12:00 p.m. and 1:00 to 4:00 p.m. (closed on statutory holidays). Please note that after hours you can leave a confidential message, and a public health nurse will return your call the next business day.

Total number of phone calls in 2011: 2,490

Top 5 reasons for calls in 2011:

- Infant Child Health
- Parenting Concerns/Programs
- Maternal Child
- Breastfeeding
- Food and Nutrition

REPRODUCTIVE HEALTH: The Pregnancy To-Do List



If you are having your first baby, you might not know about all the prenatal programs and services available and when you need to sign up for them.

The Pregnancy To-Do List poster and booklet will help expectant parents to attend prenatal appointments, classes, hospital visits, and community services at the ideal time in the pregnancy.

The Pregnancy To-Do List poster and booklet were created in partnership between APH and Sault Area Hospital. Adapted versions will soon be available throughout the district of Algoma!

COMING SOON....online prenatal education classes! Starting in the Fall of 2013, we will be offering The Gift of Motherhood online prenatal education program. It will be a great complement in to our in-person prenatal classes and ideal for those who want to learn on their own!

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ORAL HEALTH

Healthy Smiles Ontario (HSO) Program is in its 4th year of running. Launched through the Ministry of Health and Long-Term Care, HSO is an oral health program which provides dental coverage for children 17 years-of-age and under with no dental insurance.

In 2012, our Oral Health Services program focused on an upstream approach in promoting HSO. We partnered with community agencies and health centres throughout the district of Algoma targeting families with infants, preschoolers, and school-aged children alike. As a result, in one year the registration for HSO doubled.

Through the use of 'Edutainment' (education + entertainment) as part of HSO promotion, Story Time events were held at Sault Ste. Marie's public libraries and Indian Friendship Centres. We were rewarded with toothy grins from the audience when Tim and his puppet friends took charge of reading books about oral health. In addition, an

interactive display about HSO and other programs was offered for children and families.

Our Oral Health Team invites you to contact us with any questions or concerns about oral health and our programs.



YOUNG PARENTS CONNECTION (YPC)

Friends, food and fun! YPC program is a place where young parents can gather, enjoy a meal, socialize and participate in parenting programming.

In celebrating success in 2012, 13 participants graduated from high school and half were planning on post-secondary school. The program encourages young parents up to the age of 25 to drop in weekly for parenting programming information. The night also includes child minding, recreational opportunities, and transportation home. The goal of YPC is to support young parents in improving the health



and well being of their families by providing them information, skill building activities and social support through a weekly event in which partner agencies collaborate.

Overall, **72** young parents participated in the program one or more times throughout the year with an average of 25-35 participants weekly. YPC has been running successfully for 7 years and plans to continue offering this program for many more years to come.

KIDS GET READY FOR SCHOOL

Infant and Child Development Program (ICDP)

- services children under six years
- provides intervention to children who are delayed or at risk for developmental delay

Preschool Speech and Language Services (PSLS)

- services children from birth until October of their senior kindergarten year
- provides assessment and treatment to children who have speech and language difficulties.

Getting Kids Ready for School

Kids need to enter school being able to:

- communicate
- sit and pay attention
- share
- go to the toilet
- take turns
- dress themselves
- · change activities without getting upset

How ICDP and PSLS Prepare Kids for School

- participate in our Community Transition to School Process; in 2012 over 40 children and their families participated. The process includes information sharing, planning meetings and the provision of a one-page profile outlining the child's strengths and needs and appropriate strategies for each child.
- offer a number of school readiness group opportunities to help children develop these skills. These intensive groups offer a high adult-to-child ratio ensuring children have the opportunity to develop new skills in a supportive environment.
- Two Autism School Readiness groups were offered with community partners in 2012 for children with a diagnosis of autism
- 30 children were enrolled in our intensive summer camp school readiness program in 2012 at Etienne Brule and East View Public Schools and Waabinong Head Start Family Resource Centre.

DEDICATED VOLUNTEERS

Long-time Community Closet volunteers, Carey Sauve and Margaret Nowak were presented with "Life with a Baby Volunteer of the Year" awards on November 6, 2012.

"Life with a Baby" is a provincial peer support program that connects expectant parents and parents of children 0-6 with other parents. Their award acknowledges dedicated community volunteers who have had a significant impact on the lives of children 0-6 years old and/or their parents.

Algoma Public Health nominated these ladies when the award was first announced last spring. Initial selection was based on the number of 'likes' to the Life with a Baby Facebook page, but then a panel chose the top three applicants. We gratefully acknowledge the dedication of all of our volunteers and congratulate Margaret and Carey for this worthy achievement!



L to R: Ronna Dawson, Carey Sauve, Margaret Nowak, Donna Caputo, Kelly Murray

What is the APH Community Closet?

It is a place where anyone can 'shop' for free childrens clothing in newborn to 4x sizes. Our volunteers sort, mend, and wash the donated clothes and stock the closet weekly. A small section is also devoted to adult clothing. Everyone is welcome!

YOUTH ENGAGEMENT THEATRE (YET)

APH's Youth Engagement Theatre (YET) initiative continued to gain momentum this year with increased participation from volunteer youth peer leaders, a request from the district school boards for additional edutainment-based programming targeting younger audiences, and more positive feedback from educators and student audiences alike.



In answer to the request for an edutainment-based upstream approach to substance use and misuse and harm reduction education, YET broadened its audience base through its continued partnership with the ADSB, the HSCDSB, and Project ABCD by creating and presenting an interactive theatrical experience for Grade 4 and Grade 5 students across Algoma.

Eighteen teenaged student volunteers from five local and district high schools and Sault College's Community Integration Through Cooperative Education (CICE) program dedicated over 1,000 community service hours to the research, writing and presentation of an original performance piece featuring music, games, sketches and role-playing forum theatre engaging its target audience in health and safety education.

Three troupes of teen actors honed their skills as performers and peer educators as they welcomed 950 local children into Algoma Public Health's performance space to participate in the presentation. The substance use and misuse awareness and refusal skills messaging was also delivered to an additional 400 children in the district as the show toured schools in Wawa, Desbarats, Blind River and Elliot Lake.



YOUTH ENGAGEMENT AND DEVELOPMENT

Algoma Public Health continues to embrace the successes and opportunities of Youth Engagement and Development (YED) experiences. A strategy has been created to help with YED practices meeting the standards of public health

TEENS IN MOTION



In partnership with the Lion's Club, the Teens in Motion Committee in Wawa created an inviting space for youth to get together for meetings, trainings and events.

SCHOOLS WITHOUT BORDERS



The Schools Without Borders Committee in Sault Ste. Marie and Teens in Motion Committee in Wawa developed a Smoke-Free Movies campaign to generate awareness about the negative impact of tobacco use and imagery in child and youth rated films. Activities included presentations, the creation of a display, Galaxy theatre pre-show advertisement and accompanying backlit poster, and a public service announcement.

As a result of youth campaign efforts, the Algoma Public Health Board of Health passed a resolution to support the provincial Smoke Free Movies call to action to reduce the tobacco use and imagery in child and youth rated films.

STEALTH

The STEALTH Committee in Blind River was the proud recipient of the United Way Youth Spirit Award, which recognized youth reps for their leadership in promoting healthy lifestyles.



TEENS IN ACTION

The Teens in Action Committee in Elliot Lake developed an interactive "Think it Thru" display and video to promote critical thinking skills that help youth deal with decisions around positive and negative risk taking decisions they will encounter.



PHOTOVOICE: OUR VOICE, OUR COMMUNITY

The "PhotoVoice: Our Voice, Our View, Our Community" project used photography to unite young people with community leaders to explore youth-identified priorities for building a healthier community to live, learn, work and play. Community partners included Celebrate 100, Youth Arts

Network, Algoma Family Services, United Way Empowerment Council, Girl Guide Rangers, Youth Gambling Awareness Program, Garden River First Nation Youth



Program. Youth reps showcased their photos in a public exhibition designed to generate dialogue between youth and community leaders. A special thanks goes out to Mr. Alfano and the Alexander Henry S.T.A.R.T class for building the easels for the display.

VOLUNTEERS

Volunteers 'came together to make a difference' in 18 different program activities and contributed over **3,000** hours of their time, talent and smiles to the work we do.

Our volunteers bring their energy, skills, experience and enthusiasm to all that they are asked to do, and we salute them as we continue to work together to keep Algoma healthy.



YOUR ENVIRONMENT = YOUR HEALTH

Mosquitoes and West Nile Virus (WNV)

During the summer, 2,407 adult mosquitoes were trapped at 18 sites across the Algoma district. Two mosquito pools tested positive for West Nile Virus.

Mosquito larvae were controlled by the addition of environmentally-friendly bacteria (that kills mosquito larvae) to 336 buried electrical vaults across the City of Sault Ste. Marie. This is done by the Public Utilities Commission.

Thirteen ticks were submitted for speciation and testing. None were confirmed ixodes scapularis (the deer tick responsible for the spread of the disease).



Clean

Public health inspectors (PHI) inspected daycares, group homes, long-term care homes and personal service settings (hair salons, nail salons and tattoo parlours) to educate and prevent the spread of disease.

Jaws and Claws

All animal bites, scratches and other reported exposures that are a risk to human health are investigated. We investigated 200 reports; 144 dogs, 43 cats and 13 other assorted animals. Remember to protect your own and leave others alone.

Thirsty?

PHIs conducted 107 risk assessments, monitoring all small drinking water systems in Algoma that are accessed by the public, such as private wells used by camp grounds and restaurants.

We also continue our work with many community groups and participated in the Source Water Festival for Children to We did some testing to ensure that WiFi in schools and spark an interest in our water quality and protect our drinking water sources.

Splashes

There are 27 public beaches across the Algoma district, and the bathing water quality in Algoma is excellent. We monitored all the beaches during the summer and it was necessary to post 11 public advisories at 9 different beaches due to water quality results exceeding the provincial protocol. This usually happens after heavy rainfalls or strong wind that stirs up the bottom sediment. Before you head to the beach visit the beach warnings section on our website.

All 25 recreational public pools and 16 public spas were inspected a total of 149 times for health and safety and for chemical standards and maintenance.

Good Eats

BBQs and special events were made safe with public health inspectors (PHI) reviewing 218 temporary food applications and issuing certificates. If you are hosting an event make sure to complete the temporary food permit application on our website.

Do you enjoy restaurant reality shows? For your safety,

PHIs conducted over 1,311 inspections in 751 food places. We also work with your children's school food program to help them make safe and healthy food.



Fresh Air

We worked with municipalities in Algoma to help enforce the by-laws for no smoking at outdoor parks. In addition, youth trained as test shoppers accompanied tobacco enforcement officers to ensure all tobacco vendors in Algoma were not supplying tobacco to minors under 19 years old. There were 17 charges for supplying tobacco to minors issued from 222 store inspections. If a person looks under 25 they need to provide ID.

WiFi and Electromagnetic Fields (EMF)



EMF are not a health concern. We have a tool that we can lend out for your own testing and piece of mind.

Have a Question?

We are here to help answer questions you may have on issues related to the physical environment and your health. We answered over 1,151 calls last year on many topics including mould, bed bugs, drinking water, recreational water, air quality, and pest control.

INFECTION CONTROL

We are now pleased to offer additional needle exchange services for anyone wanting to dispose of needles in a safe and legal way at John Howard Society, 27 King Street. The hours are Monday through Friday 1:00pm – 4:00pm.

The goal of this service is to reduce the spread of HIV, Hepatitis C, and other infections. Needle exchange services also help reduce the number of discarded needles in public places, to help prevent needle stick injuries.

In an effort to reach out to our community, we now visit the Soup Kitchen once a month. It is our privilege to meet oneon-one to discuss health related concerns and services that we provide. We look forward to continuing and developing this ongoing partnership.

SEXUAL HEALTH SERVICES

The Sexual Health Program provides confidential, free, and essential services to the Algoma District which includes;

- clinic
- harm reduction
- disease surveillance
- case management
- health promotion

Our program is now offering rapid HIV screening through a Point-of-Care test from a simple finger prick. Reliable results in minutes. Test accuracy is 99.6% sensitivity and specificity overall. Comprehensive pre-and post-test HIV counselling will be completed with every test. This screening test can be done anonymously if requested.

For more information or to book an appointment for any of our Sexual Health services please call our confidential phone line to speak with a Public Health Nurse at 705-541-7100 or (800) 726-0398.



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DISTRICT

Pat Sullivan - community volunteer and APH friend

Pat has been knitting baby hats and mitts for new mothers in Elliot Lake for 5 years and PHNs deliver these to new mothers on home visits. The idea for the purple color of the baby hats and mitts originated from British Columbia, where volunteers knitted purple hats and mitts to support the Period of Purple Crying. Period of Purple is a shaken baby public education campaign. Pat also knits mitts for the office Christmas tree. Anyone can take the mitts from the tree for their children.



Our community volunteers are our greatest asset at our flu clinics. Their outstanding commitment and dedication to our clients and the community make our jobs at Algoma Public Health much easier. These volunteers have been with us for many years and we thank them for their great work.





Rockhaven's Cafeteria Manager Sue Rajotte (I), Principal Chris Rous (back row) and former student graduate Michelle Nicholls are congratulated by ADSB Director Mario Turco (back centre), Chair Jennifer Sarlo (2nd from r) and Algoma Public Health Nurse Susan Bourett (r) for their development of a Gold Standard food and beverage policy and accompanying booklet for Rockhaven.

As a result of the Elliot Lake Mall collapse, our Elliot Lake Office was re-located to 50 Roman Avenue. The office is the located in Algoma District School Board East Office and was the former site of Roman Avenue Public School. For the most part, public health services and programs are provided from this site except for sexual health clinical services. Sexual health clinical services are located at the Elliot Lake Family Health Team offices.



COMMUNITY MENTAL HEALTH PROGRAM

The Community Mental Health Program provides the following services in Sault Ste. Marie and throughout the Algoma District for individuals with a serious mental illness (SMI).

- Intensive Psychiatric Case Management
- Rent Supplement Administration

Over **484** individuals received intensive psychiatric case management services throughout Algoma in 2012. Focusing on client's strengths, client-identified problem areas are addressed through life and interpersonal skills development, supportive counselling, advocacy, crisis planning, medication/symptom monitoring, family support and coordination of referrals to other supports and services.

Mental health and physical health are fundamentally linked. People living with a mental illness are at greater risk of experiencing a wide range of physical health problems. During 2012, capitalizing on the broad health resources available through Algoma Public Health, the Program continued to offer a variety of groups to improve client knowledge of healthy lifestyles such as health and wellness groups, walking groups, community garden and community kitchens. The program also continued to offer smoking cessation and tobacco management supports specifically designed for those dealing with mental illness.



Safe affordable housing is another important social determinant of health and in assisting clients with their recovery processes; housing support is an integral part of our service provision. Community Mental Health provided rent subsidy to 139 clients in 2012. The Program also continues to work with other Algoma Public Health programs and many community partners on broader social housing initiatives throughout the district

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