

ANNUAL REPORT 2017

GREETINGS **Dr. Colby**

In many ways, Public Health has a sort of “identity crisis” with the public that it serves. The image of doctors and nurses as caregivers to individual patients is so entrenched that people have a difficult time understanding what Public Health is all about. Public Health is an approach where a team of experts works towards a primary goal of improving the health of a *population*, rather than an individualized set of diagnostic or therapeutic measures on individual patients.

Population-based health interventions are a significant amount of our work. Health promotion provides people with information about healthy eating, drinking and exercise habits, and provides support for changing behaviour, like the use of smoking cessation to end tobacco use. It also takes into account social and environmental interventions to improve health. Health protection measures include vaccination to reduce the spread of disease, benefitting people and reducing health care costs, inspection and enforcement of regulations for restaurants and personal care settings, provision of safe municipal water, student health during the school years, control of the spread of infectious diseases, and other harm reduction programs. Advocacy, including poverty reduction, is also very important. All of these interventions can reduce health issues in the population and costs for the health care system. A sound health policy decision can improve the health and well-being of many more people than a lifetime of clinical practice for a busy clinician.

Public Health brings together not only doctors and nurses, but also epidemiologists, dietitians, public health inspectors, educators and support staff all working under the Board of Health, to ensure that chronic diseases are prevented, lives are improved and lifespans are enhanced. The average life expectancy has increased by more than 30 years in North America over the last century, and Public Health deserves much of the credit.

The Chatham-Kent Public Health Unit collaborates with the Municipality of Chatham-Kent, the Erie St Clair Local Health Integration Network, local boards of education, the Food Policy Council, MPPs and many others. Programs introduced in 2017 include the naloxone program and, along with Chatham-Kent Police Services and local pharmacies, the Patch-for-Patch Program to fight opiate overdoses, which are taking so many lives. We strive to continuously improve the quality and breadth of our services, despite shrinking budgets, an aging population and an ever-changing health landscape. It’s a challenge, but we are up to it!

Yours in good health,



W. David Colby, MSc, MD, FRCPC
Chatham-Kent Medical Officer of Health



FROM OUR CHAIR **Joe Faas**

Public health is the science of protecting and improving the health of people and their communities. CKPHU achieves this by promoting healthy lifestyles, researching disease and injury prevention, and detecting, preventing and responding to infectious diseases. And we do this by planning for the future and promoting changes for governments and employers. In 2017 we were one of a handful of health units to undergo a value-for money audit by the Ontario government. The Board and staff demonstrated great examples of programs and community partnerships that demonstrated how we meet our mandate in innovative ways.

In June, the CKPHU hosted the Association of Local Public Health Agencies (ALPHA) annual general meeting in Chatham-Kent. This event provided a forum for leaders to exchange ideas, and to collaborate on future initiatives. At the annual general meeting CKPHU lead a resolution that ALPHA advocate to the Provincial government to implement a publicly funded oral health program for low-income adults and seniors. The recommendation was approved by ALPHA members.

In addition, we took time to showcase Chatham-Kent, taking delegates to the Buxton National Historic Site to enjoy a meal with local food from area farmers. It gave me a special feeling of pride to see the 101 delegates from 31 health units learn about our own Age Friendly Chatham-Kent plan to support healthy and active aging.

Take a read through our report to see the many ways CKPHU works with the community to help everyone in CK reach their full potential for health and well-being.



Joe Faas, Board Chair

VISION: Everyone in Chatham Kent has the opportunity to reach their full potential for health and well-being.

MISSION: Working together to deliver evidence-informed, equity focused programs and services. We protect and promote health and advocate for positive social change.

VALUES: Dedication, Knowledge, Trust and Respect, Leadership, Innovation and Flexibility.

FINANCES

2017 FUNDING

Provincial	8,794,950.16
Federal	76,276.16
Municipal	1,880,733.52
Other	\$142,883.23
Total	\$10,894,843.07

2017 EXPENSES

Employee Related	8,129,096.75
Building	579,771.16
Equipment Related	43,136.27
Contracted Services	237,738.89
Administrative	1,905,100
Total	\$10,894,843.07

Public Health By The Numbers



12,000

kids ate fruits and veggies and learned about health eating and nutrition.

Worked with community partners to ensure kids have access to healthy food.



1,462

food premise inspections.

Community health protected.

92 naloxone kits distributed to clients/friends/families of clients at risk of opioid overdose.
Education and tools provided to respond to an opioid overdose.



5,749

immunizations for Hep B, HPV and meningitis to school kids.

Prevent serious illness & healthcare costs reduced.



2,831

school kids received oral health screening to identify and treat potential illness.

Tooth decay & gum disease are almost 100% preventable.

100% of tobacco vendors were compliant with the Smoke Free Ontario Act.
CK residents protected from exposure to tobacco.



451

people passed the free Food Handler course.

Food handlers have the knowledge and skills to prepare food safely.



1,728

visits by families were made to Baby Weigh In and Development Clinics.

Early identification of supports needed to help children reach their full potential.

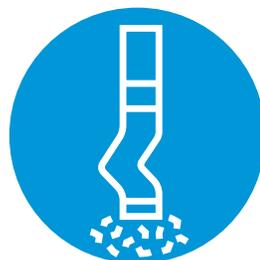
3,593 clients received care at the Sexual Health Clinic.
Counselling, assessment, diagnosis & treatment received.



242

moms & babies received advanced breastfeeding supports.

Breastfeeding improves childrens' health.



57

people received help from the Quit Smoking clinic.

Ontario spends \$2.2 billion annually to treat tobacco-related illnesses.

2017 YEAR IN REVIEW

At CKPHU we believe in the power of partnerships. With community and health care organizations, workplaces, schools and our fellow municipal departments, we can collectively work to make Chatham-Kent a healthier community.

January Chatham-Kent Public Health Unit (CKPHU) inspectors commenced enforcement of the Healthy Menu Choices Act, 2015, which requires regulated food service premises with 20 or more locations in Ontario to display calories on menus for standard food items.

Ministry of Health and Long-Term Care (MHLTC) noted the CKPHU is one of the few health units that ensures every parent who wishes to not have their child immunized is fully informed of all risks and implications. A new Ministry directive will make this mandatory across Ontario.

February - CKPHU participated in KinderSTART (J/K S/K Registration) with the schools boards and many community partners providing developmental screening. Seventy-two early identification referrals were made for supports and services helping children to be ready to enter school in September.

March The Farm to School Program entered its fourth year with 36 schools participating. Local farmers partnered with the Student Nutrition Program to provide schools with free, fresh, local produce. More than 320,000 servings of fruit and vegetables were provided and over 8,600 students participated.

Forty six water filling stations were added in the community to encourage drinking more water instead of sugary drinks.

April For Oral Health Month, presentations were made to students in Grades 2 and 8. More than 1,300 students received education and tools to maintain their oral health.

“Choose to Boost Veggies and Fruit” was the theme for the Healthy Kids Community Challenge. This challenge encouraged kids and families to eat more veggies and fruit. Through this theme, fresh produce was made available in arenas, schools, and childcare centres through a variety of programs.

May Our focus was on harm reduction as our Naloxone program launched with training and naloxone kits provided to clients and their friends and family members. Later in 2017, more training and kits were provided to clients.

On May 7 the Chatham-Kent Community Leaders’ Cabinet hosted an Executive Leaders’ Summit on Mental Health. Seventy-eight per cent of the leaders who completed the evaluation said they were extremely or very likely to implement a mental health initiative in their workplace.

June CKPHU hosted the Association of Local Public Health Agencies of Ontario (ALPHA) annual conference. Attendees included medical officers of health, Board of Health members and senior leaders. ALPHA members supported a resolution by CKPHU to send a letter to the Ontario Government recommending improvement in oral health coverage for adults in low income households.

CKPHU approved its 2017-2021 Strategic Plan to deliver the programs and services it provides to the people of Chatham-Kent.

July - Rondeau Provincial Park is Chatham-Kent’s risk area for Lyme disease. We worked with Rondeau Provincial Park to expand our Lyme disease awareness campaign ‘Reduce the Risk – Target Ticks’. We set up a booth during their free park admission and answered questions and distributed over 200 Lyme disease packages. Packages included information on Lyme disease symptoms, how to remove a tick, how to protect yourself, and a tick key to remove ticks.

August We partnered with AIDS Support Chatham-Kent to recognize International Overdose Awareness Day. Two hundred community members and agencies attended the memorial event in honour of loved ones lost to overdose.

September CKPHU produced the Chatham-Kent 2016 Infectious Disease Annual Report. That year, 436 confirmed cases of infectious diseases were reported to CKPHU, with most cases attributed to sexually transmitted, blood-borne infections, and vaccine preventable diseases. Local Hepatitis C rates exceeded the provincial average.

October The annual Workplace Wellness Recognition Event showcased 4 workplaces in Chatham-Kent that implemented wellness programs. They shared their challenges and successes in creating a healthy work environment. Attendees also learned about the importance of mental wellness at work. Over 60 people from workplaces across Chatham-Kent attended the event.

From October to December 2,400 immunizations were provided to Grade 7 students.

November Results from the community mental health survey were released, providing a wealth of information about the mental health of CK adults, the stigma towards mental illness that exists in the community, and the accessibility and comfort residents have with accessing information, services and supports.

December CKPHU received confirmation of 2017 budget approval from MOHLTC noting an increase to the base budget of up to \$150,000 to implement a harm reduction program to respond to the Province’s opioid crisis. CKPHU also received a total of \$216,400 one-time funding to: implement the Panorama immunization program (\$70,300); implement Smoke-Free Ontario expanded smoking cessation program for priority populations (\$15,300); and make capital upgrades to the vaccine refrigerator room (\$130,800).

Board of Health: Joe Faas, Bob Myers, Ron Carnahan, Sharon Pfaff, Noreen Blake, Carmen McGregor, Brock McGregor

Management Team: Dr. David Colby, Medical Officer of Health; Dr. April Rietdyk, General Manager, Community Human Services, CEO Chatham-Kent Public Health Unit; Teresa Bendo, Director, Public Health; Rosemarie Arndt, Program Manager, Environmental Health; Carina Caryn, Program Manager, Chronic Disease & Injury Prevention; Betty Schepens, Program Manager, Infectious Diseases & Emergency Preparedness; Stacy Rybansky, Program Manager, Sexual Health & Dental Health; Marnie Van Vlymen, Program Manager, Infant and Child Health and Chief Nursing Officer; Laura Zettler, Program Manager & Epidemiologist Foundational Standard; Stanley Ing, Epidemiologist; Heather Bakker, Administrative Assistant; Lisa Powers, Executive Assistant.



Follow us to
good health!



To reach a public health expert, contact us at:

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www.ckpublichealth.com

The Chatham-Kent Public Health Unit works every day to strengthen our community by helping to prevent the start and spread of outbreaks and disease, by promoting healthy lifestyles, and by protecting the health of CK through inspection and enforcement, public policy and community partnerships.