

# Health Unit Clinics 2006

## Intake and Information Services

- 3,482 client consults and counselling
- 2,476 condoms distributed
- 12,009 needles distributed for Northern Points Exchange Program

## Vaccine Clinics – General/Travel

- 4,277 client visits in North Bay
- 51 client visits in Burks Falls
- 719 client visits in Parry Sound
- 7,090 vaccines administered



## The Sexual Health Clinic

- 9,511 client visits
- 4,436 birth control visits
- 232 pregnancy tests
- 933 PAP tests of hormonal contraceptive clients
- 4,367 Sexually Transmitted Infection Tests
- 471 HIV Tests

Did you know that many sexually transmitted infections have no symptoms?

In 2006, there were 240 cases of Sexually Transmitted Infection diagnosed. Chlamydia was the most frequently diagnosed followed by gonorrhoea and syphilis.

## Tuberculosis Screening

- 16 clinics held
- 391 TB tests

Did you know that Tuberculosis rates are high among those in underdeveloped countries, which affects us because of the ease of global travel?

## Genetics Clinics

- 126 consultations with geneticists at clinic
- 656 client visits with nurse counselors
- 44 consultations at the Multidisciplinary Huntington Clinic

Did you know that about 15% of all cancers are inherited?

# Physicians/ Hospitals and Longterm care facilities 2006

Did you know that we work with hospital staff to reduce the numbers of infectious diseases, investigate outbreaks, and monitor safe water and food?

## Infectious Diseases

- 1,413 cases of communicable diseases managed
- 704 cases of reportable diseases
- 709 cases of non-reportable diseases
- 561 inquiries responded to by staff

## Tuberculosis

- 40 positive TB skin tests referred to the Health Unit
- 13 people placed on treatment for TB

## Influenza

Did you know that hand-washing remains the best way to prevent the spread of influenza?

- 65 community Influenza Immunization clinics were held in 22 municipalities
- 9,643 influenza vaccines administered
- 26 cases of influenza
- no institutional outbreaks were reported



# Schools 2006

Launched a Healthy Schools E-Newsletter (to complement HealthySchools.ca) for school teachers providing current health information and classroom resources. Visit [www.HealthySchools.ca](http://www.HealthySchools.ca).

## Dental screening

- 7,605 children were screened
- 1,786 children had visible decay
- 1,033 children were deemed "in urgent need of care" that was eligible for the CINOT program (Children In Need Of Treatment)
- 498 children actually used the CINOT program to pay for their urgent dental care

## Sexual health education

- 3,142 students in grades 7, 8, 9 received sexual health education including HIV/AIDS
- 715 teachers, students and/or parents received resources about sexual health

## Injury Prevention

- Trained students in 5 area high schools about injury prevention through the SMARTRISK No Regrets Program
- Trained grade 7 and 8 students from 6 elementary schools to introduce injury prevention awareness activities in their school community
- Worked with 24 high school students to create a Snowmobile Safety learning event for peers and 63 grades 7 and 8 students in Mattawa

## Nutrition education

- Worked with the Near North District School Board to develop a policy so that all school cafeterias offer foods and drinks that have more nutrients, while removing foods with fewer nutrients.

## Immunizations

80 schools/ 20,814 students monitored for level of immunization compliance

- 1,283 high school students received Tetanus, Diphtheria and Pertussis vaccines

- 1,206 grade 7 students received Hepatitis B immunizations, which is 80% of eligible grade 7 students
- 3,475 students aged 12 to 19 years received Meningococcal Immunizations
- 350 students were issued school suspensions due to incomplete immunization information
- 92 students were suspended

Did you know that to attend school, your child's immunization information must be up to date?

## Tobacco law enforcement

- Signed an agreement with four school boards for the Tobacco Enforcement Officers and school principals to work together to enforce the Smoke Free Ontario Act on school properties. Between June and December 2006, 18 tobacco-related charges were issued.

## Substance abuse prevention

- Trained educators to use the Substance Abuse Prevention (SAP Bucket) resource for students in grades 4 to 12.
- Helped create a province-wide substance-abuse prevention resource for high school students
- Organized a community partner event about the risks of alcohol and other drugs for about 1000 Grade 5 students

## North Bay Parry Sound District Health Unit



### North Bay

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### Burk's Falls

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### Parry Sound

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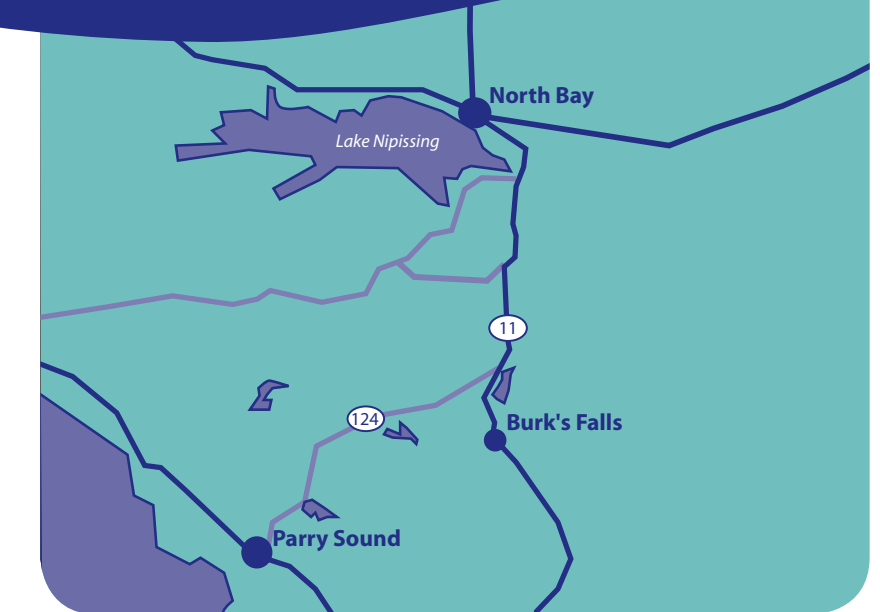
# A YEAR IN REVIEW 2006

## North Bay Parry Sound District Health Unit



## Catchment Area

- Township of the Archipelago
- Township of Armour
- Township of Bonfield
- Township of Burk's Falls
- Village of Callander
- Municipality of Calvin
- Township of Carling
- Township of Chisholm
- Township of East Ferris
- Township of Joly
- Township of Kearny
- Township of Machar
- Municipality of Magnetawan
- Township of Mattawa
- Municipality of Mattawan
- Township of MacDougall
- Township of McKellar
- Township of McMurrich/Monteith
- Township of Nipissing
- City of North Bay
- Township of Papineau-Cameron
- Town of Parry Sound
- Township of Pery
- Municipality of Powassan
- Township of Ryerson
- Township of Seguin
- Village of South River
- Township of Strong
- Village of Sundridge
- Municipality of West Nipissing
- Municipality of Whitestone



## We're in your community

### NORTH BAY PARRY SOUND DISTRICT HEALTH UNIT WORKS TO:

- Create safe and healthy environments at home, work, school and play
- Measure, monitor and report on the level of your health and the health of your community
- Encourage you to get involved and act on decisions that affect your health
- Provide support, education and information to help you make healthy choices
- Make it easier for you to get what you need to stay healthy
- Make public laws and policies that protect your health and safety

We serve 123,419 people who live in 31 different municipalities, four unorganized territories and six First Nations Reserves.

## 2006 BOARD OF HEALTH

### North Bay District

- CENTRAL APPOINTEES
- Mac Bain
  - Jim Kilroy
  - Gwen MacDougall (Vice Chairperson)
  - Dr. Alex Steele
  - Daryl Vaillancourt

- EASTERN APPOINTEE
- Narry McCarthy

- WESTERN APPOINTEE
- Don Fortin

### Parry Sound District

- NORTH EASTERN APPOINTEE
- Bill Russell (Chairperson)

- SOUTH EASTERN APPOINTEE
- Bill Core

- WESTERN APPOINTEE
- Don Brisbane

- PUBLIC APPOINTEES
- Rick Champagne
  - 2 Vacancies



## Pandemic Planning

Did you know that the World Health Organization predicts that a global outbreak of pandemic influenza will occur?

- The North Bay Parry Sound Pandemic Influenza plan was created in 2006. Over 1,500 people across the district have learned about our pandemic plan and how they can be more prepared.

## Tobacco

Did you know that smoking remains the number one preventable cause of illness and premature death in Ontario?

The Smoke-Free Ontario Act became law on May 31, 2006. This provincial law prohibits smoking in all public places and workplaces and makes it illegal to sell tobacco to anyone under 19 years of age.

- To prepare for this new law, our Community Health Promoters and Tobacco Enforcement Officers did a massive outreach education, training and support plan for all 31 municipalities.
- 10 municipalities already had strong no-smoking bylaws in place
- May 28, 2006 the Minister of Health Promotion visited for a special ceremony to recognize towns and people for their efforts to protect the health of their citizens by supporting smoke-free spaces. The most significant award, the Heather Crowe Award, was given to a ten year old boy for his efforts.
- 363 checks of tobacco retailers conducted by Tobacco Enforcement Officers
- 95% of tobacco retailers checked complied with tobacco laws

## Breastfeeding Initiatives

Did you know that the Canadian Pediatric Society, the World Health Organization and Health Canada recommend breastfeeding as the way to feed healthy term infants and children 2 years of age and beyond, in order to promote optimal growth?

Public Health Nurses work to create a breastfeeding friendly community.

- trained 6 new breastfeeding peer support volunteers who supported 50 new nursing mothers
- provided home visits and clinics to offer breastfeeding support and advice
- worked with a coalition to promote breastfeeding
- identified 10 public places as "breastfeeding friendly"

# A YEAR IN REVIEW

# 2006

## Active Communities

Community health promoters, public health nurses, and dietitians worked with hundreds of partners and groups to increase healthy lifestyle awareness, develop skills, and build healthy public policies.

- helped 5 municipalities to develop their recreation plans
- worked with the Regional Provider Network of Cancer Care Ontario to support "Let's get moving...for the health of it", a CTV campaign
- trained 236 teachers/caregivers through "Have A Ball" physical activity workshops
- worked with partners to promote active living through use of trails and people-powered transportation
- promoted 39 "Lets Get Moving" community events

## Active Adults

- 661 people took part in a Take Heart workplace pedometer challenge
- 29 workplace staff received Train the Trainer workshops

## Alcohol Awareness

- Developed a "safer boats" campaign which included 50 posters and 5,000 drink covers to 15 bars in the district

## Prenatal Support

Provided Prenatal Classes to support healthy lifestyle choices for pregnant women and to improve their chances of having healthy babies.

- 42 classes conducted across the district
- 121 mothers and partners attended Early Prenatal classes (1-16 weeks pregnant)
- 277 mothers and partners attended Late Prenatal classes (17-40 weeks pregnant)
- 37 teen mothers and partners attended Teen Prenatal Classes

## Safe Water

Did you know that we help protect the safety of your tap water (municipal or communal source) by following up on all health related water issues? For private water systems we provide information and free water testing services.

- 10,893 private water samples processed
- 800 public water supplies monitored
- 115 adverse water events occurred
- 29 boil water advisories issued
- 3 drinking water advisories issued

Did you know that you can become ill from swimming in water with high bacterial levels?

- 20 area beaches monitored
- 40 public pools inspected
- 19 whirlpool/spas inspected

## Rabies

Did you know that bats can carry rabies?

- 277 animal exposures investigated for rabies
- 26 people received treatment for possible rabies exposure

The number of people who received treatment for possible rabies exposures in 2006 (26 cases) is higher than 2005 (15 cases) due to an increase in bat exposures.

## West Nile Virus

Did you know that 2006 saw the first human case of West Nile virus, confirmed to have been contracted in our area?

## Nutrition

**Community Food Security** Dietitians and health promoters provided leadership to community groups to address access to safe, nutritious and adequate amounts of food in North Bay and Parry Sound areas.

- 6 educational grocery store tours held
- 2 grocery store events were hosted
- 12 presentations/displays/workshops focused on infant and child nutrition

Dietitians produced the "Price of Eating Well" report that showed the average cost of healthy foods for a family of four living in North Bay Parry Sound area in 2006 was \$131.41 weekly. This is an increase of 6% over 2005.



## Research and Evaluation

Researchers and Analysts at the Health Unit collect and analyze local, provincial and national data sets to help predict illness outbreaks, disease trends and areas of health concern. In 2006, the following reports were completed:

- 1 community profile report
- 1 highlight report (obesity)
- 1 outbreak report (influenza)
- 2 data summary reports
- 1 Quality Improvement Report in response to July 17, 2006 storm

## Harm Reduction

Did you know that "Harm Reduction Strategies", such as the needle exchange program, are intended to reduce the dangers that drug abuse causes? It has been said that harm reduction is not what is nice, it's what works. A harm reduction strategy is measured by a change in rates of death, disease, crime and suffering.

Northern Points Exchange is a harm reduction program with three needle exchange sites in North Bay. In 2006, there were 2,096 client visits which included needle exchange, counseling, referrals and other harm reduction education.

### Total needles exchanged for all sites

- 53,159 needles given out
- 47,328 needles turned in



Northern Points Exchange has an 89% return rate on needles, which is one of the highest rates in Ontario.

## Parenting

Did you know that Healthy Babies Healthy Children is a free home visiting program for pregnant women and families with children up to six years of age?

### In 2006, after the birth of a baby:

- 799 families received telephone support
- 421 families received a home visit

### In 2006, during pregnancy through to toddlerhood:

- 1,202 visits were made by a Family Home Visitor (FHV)
- 556 visits were made by a Public Health Nurse (PHN)
- 225 visits were made jointly by a PHN and FHV

Active Parenting Classes are held across the district for parents of children and teens.

- 69 Active Parenting sessions were held
- 348 parents attended classes

## Active Kids

- Our Take Heart Partnership introduced the Active Fun Kits for children under 12 and their families
- 9 partners have the Fun Kits to loan out to families
- 765 families tried the Fun Kits
- 236 teachers and caregivers participated in physical activity workshops
- conducted 14 physical activity workshops for children

## Child Safety

- 38 Child Restraint Clinics conducted
- 544 child restraints inspected with caregivers given instruction on proper installation

Did you know that 75% of crash related deaths and serious injuries can be prevented by correct use of child restraints on every trip?



## Senior Safety

Did you know multiple medications are one of the personal risk factors connected to many seniors' falls?

- distributed 9,500 medicine clean-up bags for household use as part of the "Medicine Clean Out" Campaign



# Restaurants, Grocery Stores & Food Production

To help prevent illnesses due to food poisoning, our Public Health Inspectors regularly check food service places like restaurants, hotels, grocery stores, community suppers, and industrial food manufacturing plants.

- 1,700 food places inspected
- 200 re-inspections to ensure compliance
- 10 enforcement tickets issued
- 200 consumer complaints investigated
- 37 food recalls monitored

Did you know that when you enjoy smoke-free restaurants or public places, our Tobacco Enforcement Officers check to ensure they are kept smoke-free?