



Annual Report

Renfrew County and
District Health Unit

2009

7 International Drive, Pembroke ON Canada K8A 6W5 www.rcdhu.com

What public health does...

What's Inside?

- 2** 2009/2010 – A different
flu season

Smoke-Free Ride
campaign

- 3** **Helping Families**

Feedback from prenatal
class participants

Children in Need of
Treatment (CINOT)
program expands

- 4** **Helping the
Community**

I Didn't Know ATV safety
campaign

Paint Your Plate
promotes eating more
vegetables and fruit

- 5** **Protecting Renfrew
County and District**

- 6** Health Units take on
oversight of small
drinking water systems

- 7** 2009 Board of Health
members

Contact information

The goal of public health is to improve the health and well-being of the whole population and to reduce inequalities in health.

In Ontario, public health programs and services are an essential part of the health system. The focus of public health is to promote health, prevent illnesses and respond to threats to the health of the public.

Public health is responsible for many improvements in the population's health through initiatives such as childhood vaccinations, the control of infectious diseases, safe food handling, the prevention of chronic diseases (e.g. through tobacco control), and the prevention of injury. These efforts reduce demand on the health care system, which focuses mainly on the treatment of individual illness and disability.

In 2009, Ontario public health units began to implement the new Ontario Public Health Standards, which redefined requirements for fundamental public health programs and services.

Who we are...

Renfrew County and District Health Unit is responsible for delivering public health programs and services within our borders, in collaboration with other organizations in the health system and in partnership with local, provincial and federal organizations.

We are a non-profit agency governed by the Renfrew County and District Board of Health. We are funded by the Government of Ontario, the County of Renfrew, the City of Pembroke and the Township of South Algonquin. Our 70 staff serves approximately 100,000 people living in an area of 15,000 square kilometers.

2009/2010 – A different flu season

Most Ontarians will remember the prolonged media attention, anxiety, and lineups at immunization clinics as characteristics of the 2009/10 influenza season.

In May 2009, the World Health Organization identified a new strain of influenza - H1N1 influenza A - as a public health emergency of international concern. The virus was causing mild illness in most people, but could cause hospital admission among people with certain chronic conditions.

RCDHU worked with the Ministry of Health and Long-Term Care and community partners to implement our Pandemic Flu Plan and deal with this emergency.

The government of Ontario ordered enough of the H1N1 vaccine for all who needed and wanted it. RCDHU staff from all departments worked very hard from mid October to early January to meet the challenges of mass immunization against H1N1 as well as seasonal flu. This included holding immunization clinics in communities across the area, and distributing vaccine to physicians, nurse practitioners, long-term care facilities and hospitals for administration to priority groups.

H1N1 immunization clinics in Renfrew County and District went very smoothly. People lined up patiently and were processed as quickly as possible.

"We would like to praise the RCDHU team for overseeing our local H1N1 clinic in a pleasant and professional manner. In spite of sore shoulders, we thank them for a job well done." – RCDHU residents

*14,497 doses of H1N1
and 4,623 doses of
seasonal flu vaccine
given at community flu
clinics*

*25,630 doses of H1N1
and 21,270 doses of
seasonal flu vaccine
distributed to physician's
offices, workplaces,
retirement homes and
long-term care homes*

Smoke-Free Ride campaign

The **Smoke-Free Ride** public awareness campaign supported the implementation of the Smoke-Free Ontario Amendment Act, 2008.

This Act protects children from second-hand tobacco smoke in motor vehicles, and came into effect on January 21, 2009. It prohibits any person in a car from smoking tobacco while someone else under the age of 16 is in the vehicle.

The campaign included radio and newspaper ads, distribution of banners, posters, rack cards, baby travel wipe kits and keychain flashlights, and presentations to stakeholder groups.

The **Smoke-Free Ride** campaign was implemented in collaboration with the East Region Tobacco Control Area Network and complemented a province-wide awareness campaign.

Helping Families

Feedback from prenatal class participants

23 series of prenatal classes attended by 230 expectant mothers and 203 partners/support people

953 postpartum telephone contacts and 644 visits to new mothers through the Healthy Babies, Healthy Children Program

66 referrals to the Healthy Babies, Healthy Children Home Visiting Program

62 Child Health Clinics held in 11 locations

113 teens participated in dental screening clinics, and 53 teens received treatment through CINOT

Total treatment cost for the expanded CINOT program was \$23,910

When prenatal class participants were asked what was their biggest reason for coming, 40 percent expressed a general desire for information and almost half wanted to be prepared/feel reassured about labour and delivery. One quarter wanted to learn about caring for their new baby. (Some people gave more than one answer.)

When asked what were the most important things that they learned at prenatal classes, 64 percent said preparation for labour and delivery. Over 1/3 said information about how to breastfeed, and 1/3 said baby care. Most of the partners/support people said that they learned about how to support their expectant mom during pregnancy, labour and afterwards.

Children in Need of Treatment (CINOT) program expands

CINOT is a dental treatment program offered to children and youth with an urgent need for dental care. Families receiving coverage through CINOT cannot afford to pay for their child's dental treatment and do not have any insurance coverage.

Before January 2009, CINOT was available to infants and children up to age 13 or the end of grade 8. Beginning in January, youth up to their 18th birthday are eligible for the program. This expansion is part of the provincial Poverty Reduction Strategy.

Services available include fillings, extractions, and preventive dental care including cleaning and fluoride.

In 2009 we carried out the following activities to support the expanded CINOT Program:

- Distributed posters, information cards and fact sheets to schools, health and social service providers and the community-at-large
- Communicated with local dental service providers, high schools, health and social service providers, workplaces, and community members through presentations, newsletters, and participation at community health events
- Held dental screening clinics for teens at high schools and community locations

Helping the Community

I Didn't Know ATV safety campaign

Every parent wants their child to be safe from harm. One risk many are unaware of involves all-terrain vehicles (ATVs) and children. Each year in Ontario, 1,500 children under the age of sixteen visit emergency departments because of an ATV injury.

The ***I Didn't Know*** campaign was designed to inform parents about the risks of children riding as a passenger or operating an ATV. Renfrew County and District Health Unit carried out this campaign in collaboration with the East Region Injury Network. Key campaign messages included:

- ATVs roll over easily
- ATVs are not meant for passengers
- ATVs can weigh up to 800 pounds
- ATV riding is not child's play

Paint Your Plate ***communication activities:***

*51 elementary schools
received PYP school kits*

*500 radio ads aired locally
at three intervals
throughout the year*

*179 resource packages
distributed to groups most
likely to influence parents*

*12 interactive grocery store
events held*

*6 community displays
reached over 1,800 people*

*13 Child Health Clinics
promoted PYP messages*

*100 workplaces reached
with PYP messages*

Paint Your Plate promotes eating more vegetables and fruit

Health problems such as cancer, heart disease, high blood pressure, type 2 diabetes and childhood obesity are a serious concern for our community.

Healthy eating habits, in particular eating plenty of vegetables and fruit each day, are one way to help prevent these diseases. Unfortunately, almost two-thirds of Ontarians age 4 to 18 eat less than 5 servings of vegetables and fruit each day.

In March 2009, the Renfrew County and District Health Unit launched ***Paint Your Plate - Create a Masterpiece***, a campaign to promote eating more vegetable and fruit as recommended by Canada's Food Guide.

Paint Your Plate targets parents of children aged two to 18 because they are role models for their children's eating behaviours. It also targets organizations that influence parents including grocery stores, health professionals, schools, workplaces and daycares.

Promotional resources developed to support this campaign include brochures, bookmarks, posters, school and workplace displays, recipe cards, cloth grocery bags, media kits and a variety of meal and snack fact sheets.

Protecting Renfrew County and District

Safe Food Program

- 59 complaints investigated
- 1,526 routine inspections of food premises
- 193 re-inspections to ensure corrective actions taken
- 56 food-related inspections at special events
- 21 food safety courses resulted in 397 people certified as Safe Food Handlers
- 37 food recall inspections completed

Safe Water Program

- 503 compliance inspections of water systems
- 37 adverse water results from regulated systems investigated
- 5 boil water orders issued
- 653 private water sampling inquiries
- 6,222 private water samples submitted to the provincial laboratory through the Health Unit
- 980 recreational beach samples collected from 25 beaches

Rabies Control

- 165 animal bites investigated
- 116 domestic animals confined for observation
- 16 people received post-exposure prophylaxis

Infectious Disease Program

- 76 enteric disease investigations
- 13 institutional enteric outbreaks investigated

Immunization Program

- 5,759 doses of all vaccines *except* flu given at health unit community clinics
- 25,200 doses of all vaccines *except* flu distributed to physician's offices, workplaces, retirement homes and long-term care homes
- 1695 doses of hepatitis B vaccine, 812 doses of meningococcal vaccine, and 985 doses of HPV vaccine given at school-based clinics

Sexually Transmitted and Blood-Borne Infections

- 171 confirmed cases of chlamydia
- 29 confirmed cases of hepatitis C
- 6 confirmed cases of gonorrhea

Sexual Health

- 396 visits at 13 clinic locations
- 21,500 condoms distributed
- 45 pregnancy tests

Harm Reduction Program

- 33,400 clean needles were distributed, and an estimated 50,300 used needles were collected

Protecting Renfrew County and District

Health Hazard Investigations

- 52 indoor air quality complaints investigated
- 7 sewage complaints investigated
- 10 insect complaints investigated
- 6 rodent complaints investigated
- 21 housing complaints investigated

Enforcement of the Smoke Free Ontario Act

- 10 complaints about the sale of tobacco products to minors investigated
- 360 worksites inspected for compliance with the Smoke-Free Ontario Act
- 339 tobacco vendors inspected for compliance with the Act

Health Units take on oversight of small drinking water systems

Since December of 2008, the Renfrew County and District Health Unit has been responsible for inspecting small drinking water systems (SDWS). A SDWS is a business or a premise that makes drinking water available to the public that is not part of a municipal drinking water supply.

Examples of SDWS are seasonal tent and trailer parks, campgrounds, motels, bed and breakfast facilities and other types of tourist establishments that are serviced by a private well.

The oversight of small drinking water systems was transferred from the Ministry of the Environment to the Ministry of Health and Long-Term Care. There are approximately 600 small drinking water systems with the jurisdiction of the Renfrew County and District Health Unit.

Owners and operators are now required to notify the Medical Officer of Health of their intention to supply drinking water. They are required to test their water at a licensed laboratory, and to notify the Medical Officer of Health when an adverse water result occurs.

Public Health Inspectors with the Renfrew County and District Health Unit are required to inspect and monitor each system on a regular basis to ensure that the water is safe to drink.

- 6 information sessions were held throughout Renfrew County
- 108 risk assessments were completed and directives issued
- 20 adverse water quality incidents were investigated

2009 Board of Health members

Mayor Jack Wilson, Chair	County of Renfrew
Mayor Ann Aikens	County of Renfrew
Mr. Kenneth Bertrand	Provincial Appointee
Mayor Percy Bresnahan	Twp. of South Algonquin
Warden Donald Rathwell	County of Renfrew
Councillor Gary Severin	City of Pembroke
Reeve Tammy-Lea Stewart	County of Renfrew
Ms. Marcia Timm	Provincial Appointee

2009 Approved Budget

Total budget: \$8,019,213

Funding sources:

- Province of Ontario – 76%
- County of Renfrew, City of Pembroke and Township of South Algonquin – 18%
- Other sources – 6%

How the funds are allocated:

- Salaries, benefits and program costs – 86%
- Occupancy and communications – 5%
- Rebate to obligated municipalities – 3%
- Other operating costs – 6%

Contact us...

Renfrew County and District Health Unit

7 International Drive, Pembroke, Ontario, Canada K8A 6W5

Health Info Line613-735-8666

Immunization613-735-8653

Environmental Health – Inspection613-735-8654

Dental613-735-8661

Health Promotion and Clinical Services613-735-8651

Reception.....613-732-3629

Facsimile613-735-3067

Web site www.rcdhu.com

Branch Offices

346 John Street North, Arnprior613-623-2991

12 Dunn Street, Barry's Bay613-756-2744

450 O'Brien Road, Suite 106, Renfrew613-432-5853