

Annual Report

2018



RENFREW COUNTY AND DISTRICT HEALTH UNIT

"OPTIMAL HEALTH FOR ALL IN RENFREW COUNTY AND DISTRICT"

Message from the MOH, CEO and BOH

It continues to be a privilege to work with a dedicated team of professionals at Renfrew County and District Health Unit (RCDHU) as we strive together to deliver our vision “Optimal Health for All in Renfrew County and District.” Our community partners and stakeholders are vital allies and we proudly work with them to safeguard the health of our residents.

2018 was an eventful year for RCDHU with public health initiatives that responded to local, provincial and national events.

Locally, RCDHU released two reports. *Renfrew County Youth Needs Assessment Report* and *Walking in a Good Way: The Path to A Youth Engagement Strategy*, captured first-hand, from local youth, their experience living in Renfrew County. This promises to be a helpful resource to improve efforts towards active engagement of youth in the community.

The second report, *Health Inequities in Renfrew County and District*, illustrates the impact to health and life expectancy because of circumstances in which people live, including income, education, employment and social support. RCDHU wants

to ensure that all residents in the community are able to reach their full health potential.

Provincially, the Ministry of Health made changes to the Ontario Public Health Standards. In response, RCDHU took the necessary steps to ensure implementation of the new standards and guidelines while continuing to focus on delivering the highest quality of service.

The federal government legalized cannabis in Canada in 2018. RCDHU focused on prevention and harm reduction strategies and worked closely with community partners to prepare for health impacts related to this change.

To see more of the highlights from 2018 we are pleased to present this Annual Report. We thank our funding partners, stakeholders and community for all of their support throughout 2018. We hope you enjoy this report.

Respectfully submitted,

Dr. Robert Cushman, MOH(A)

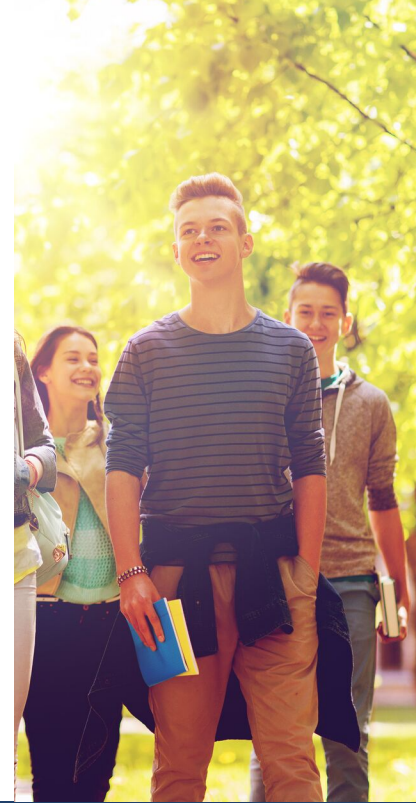
Heather G Daly, CEO(A)/Director, Corporate Services

Janice Visneskie Moore, Chair, Board of Health



Youth Needs Assessment

Renfrew County and District Health Unit (RCDHU) collaborated with the Renfrew County Youth Network to produce the *Renfrew County Youth Needs Assessment Report, Walking in a Good Way: The Path to a Youth Engagement Strategy*. The report looked at the current lived experience of youth, aged 12 to 24, in Renfrew County, highlighting their challenges, views and ideas on how to create a more youth friendly place to grow up. The data was collected through 655 on-line surveys and 77 youth participated in sharing circles. Recommendations were made for a youth engagement strategy that will create communities where young people know they matter, they are important, and they belong.

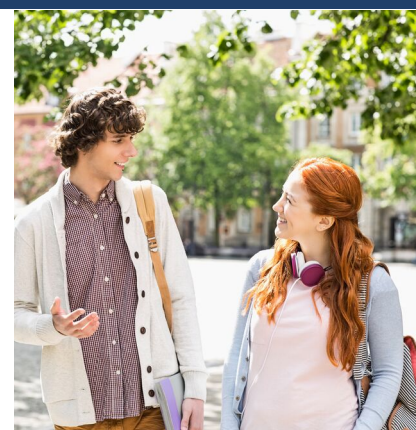


The key themes from the report are:

- 1. Youth value growing up in Renfrew County.**
- 2. Youth are concerned about mental health and wellness among young people.**
- 3. Youth feel the lack of diversity in Renfrew County needs to be addressed.**

AMPLIFY! Youth Summit

In October 2018 high school aged youth across Renfrew County participated in a leadership summit. The theme for Amplify! was - *Youth Lead the Way to a Better Day*. Youth created leadership project plans to implement in their community or school to address the challenges identified in the Renfrew County Youth Needs Assessment Report.



Healthy Families



RCDHU provided a wide variety of **FREE** prenatal and parenting education sessions, Parent Child Drop-Ins, and the Healthy Babies Healthy Children Program, in 2018.

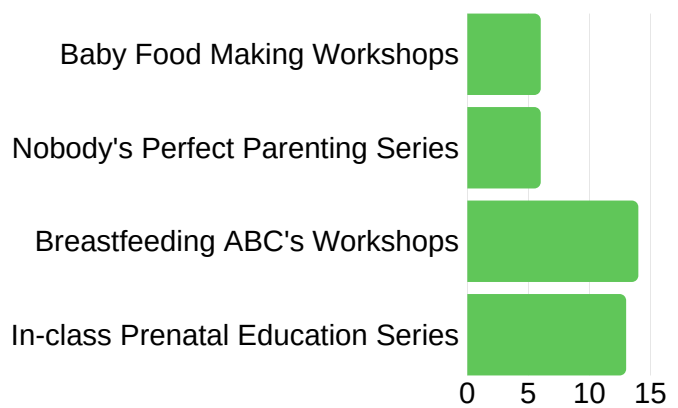
To support the Renfrew County and District (RCD) community, Public Health Nurses trained **community partners** to provide the Nobody's Perfect Parenting Series and Breastfeeding ABC's workshops. These community partners included: Petawawa Military Family Resource Centre (PMFRC), Community Resource Centre Killaloe, EarlyON® Child and Family Centre Killaloe, EarlyON® Child and Family Centre Arnprior, EarlyON® Child and Family Centre Renfrew, Family and Children's Services, Bonnechere Inodewiziwin Abinodjinish Kikinamagan (BIAK), Algonquins of Pikwakanagan, Canadian Children Services, and Columbus House.



Public health nurses provided:



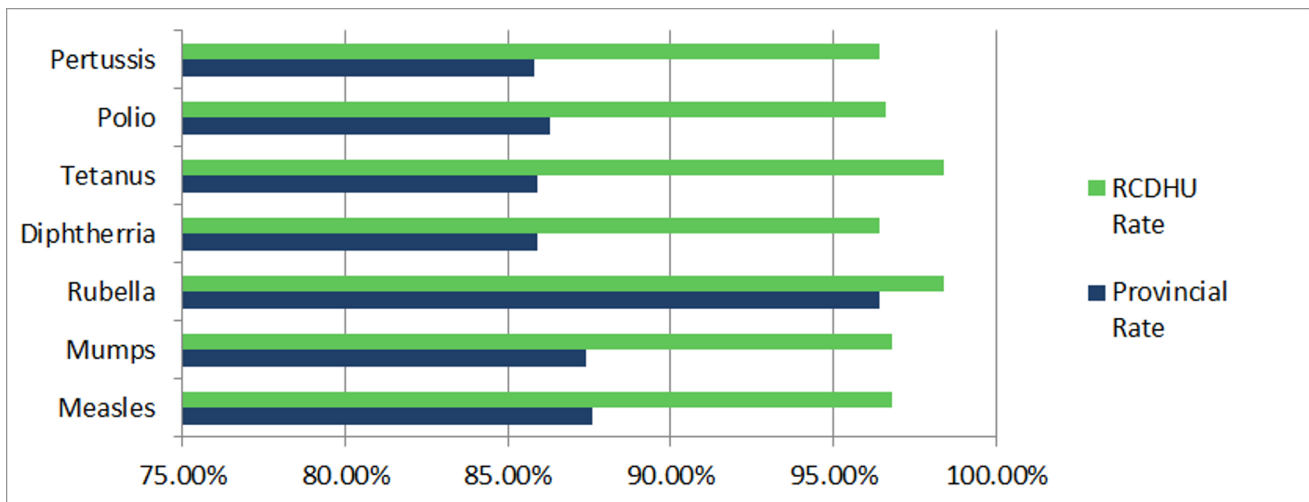
Number of Most Commonly Attended Education Sessions



Vaccine Preventable Diseases

Annually, RCDHU's Vaccine Preventable Diseases team, completes immunization surveillance in accordance with the Immunization of School Pupil's Act. Due to good collaboration with parents, schools, health care providers and community partners, RCD's immunization *coverage rates exceeded* the provincial average.

Immunization Coverage for Children 7 Years of Age, 2017-2018 School Year



276

Community-based immunization clinics held

88

School-based immunization clinics held

Immunization Connect Ontario (ICON)

was launched to allow residents of RCD to update, view and/or print their immunization records online through our website www.rcdhu.com

Vector-Borne Diseases

4

confirmed human cases of Lyme Disease

16%

of ticks submitted tested positive Lyme Disease

In 2018, as part of RCDHU's monitoring and surveillance of Lyme disease in the community, public health inspectors (PHI) accepted and identified ticks found on humans. PHIs also collected tick samples in strategic areas within RCD.

RCDHU monitored for West Nile virus (WNV) over a 10 week period that began in June 2018. Mosquitoes were caught using a light trap from 14 locations across RCD. All trapped mosquitoes were sent to a laboratory for analysis. In 2018, no positive mosquitoes that carried WNV were identified. No confirmed human cases of WNV were identified within RCD.

Food Handlers Course

As of July 1, 2018 the Food Premises Regulation was changed requiring every food premise to have at least one certified food handler on site while operating. RCDHU offered free one-day food handler training courses that anyone could attend. These training courses are specifically-designed to provide food handlers with the certification necessary to meet the regulatory requirements.

30

certified food handlers courses offered

1011

certified food handlers

Inspections Completed by PHIs in 2018

2002

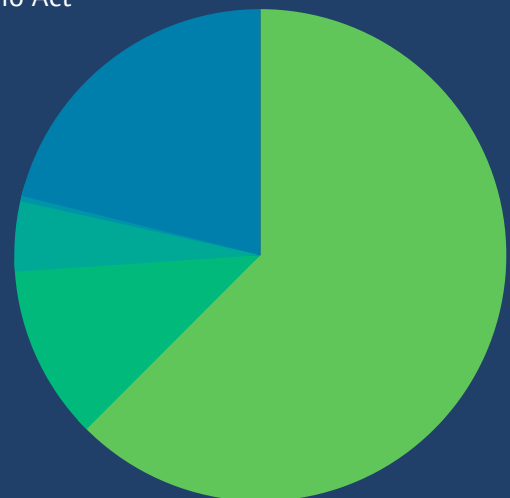
total number of inspections

Smoke Free Ontario Act
21.1%

Safe Water
4.6%

Infection Prevention and Control
11.4%

Safe Food
62.5%



Health Equity

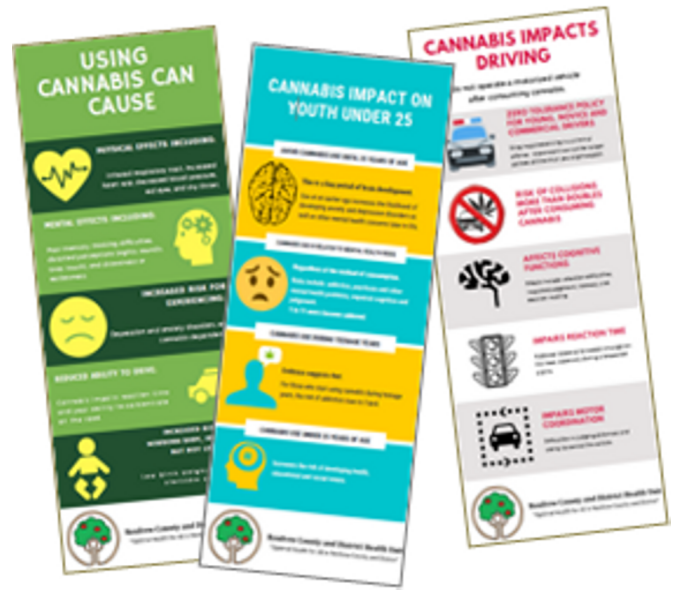
RCDHU reports on the health of RCD residents to help understand how to better serve the local population. In 2018, we released the *Health Inequities in Renfrew County and District* report. This report highlighted that some people in RCD are less healthy and live shorter lives because of the circumstances in which they live. Factors like income, education, employment, and social support have a big impact on health.

Health equity means that all people can have a fair chance to reach their full health potential and are not disadvantaged by economic, social and environmental circumstances.

See the *Health Inequities in Renfrew County and District* report to learn more at:
www.rcdhu.com/reports/



Cannabis and the Smoke Free Ontario Act (SFOA)



Cannabis was legalized across Canada on October 17, 2018. In response, RCDHU developed a local communication campaign with a focus on prevention and harm reduction strategies. RCDHU staff responded to requests from the media for interviews, and provided cannabis information sessions to schools, community groups and professionals. Information sessions included the health effects of cannabis use, parenting strategies and relevant revisions to the Smoke-Free Ontario Act (SFOA), 2017. Revisions to the SFOA included where you are prohibited from smoking or vaping cannabis which reflects the same prohibited areas as tobacco. During 2018, 423 SFOA inspections were completed resulting in 6 charges laid.

School board cannabis consultations

Cannabis information sessions

Municipal cannabis policy consultations

Health effects of non-medical cannabis campaign

500
cannabis impaired driving magnets distributed



341
cannabis posters distributed

Needle Syringe Program and Naloxone

Harm Reduction includes programs and practices that aim to keep residents safe and minimize disease and injury resulting from high risk behaviour.

Needle Syringe Programs (NSP) are an effective strategy to reduce the spread of infectious diseases (i.e. Hepatitis C and HIV are some examples) and can provide an access point to community services. Needle exchange sites provide access to clean substance use supplies and help to educate clients on safer use practices.

The number of needles distributed **increased** by

300%

The rate of needles returned through the NSP, between 2016-2018, **increased** by

26%

Naloxone is a life-saving medication that can temporarily reverse an opioid overdose. RCDHU provides free Naloxone kits to:

- active client of the NSP who are 16 years of age and over and at risk of an overdose
- friends and family members (16 years of age and over) of active at risk clients.

In 2018, RCDHU developed agreements with strategic partners to train and distribute Naloxone to people who use, people who have previously used, and friends or family members of people who use opioids.

Naloxone kits distributed

197

1,072

NSP visits

199,800

needles distributed

2,248

crack pipes distributed

162

meth pipes distributed

194

people trained to give Naloxone

Increasing Sexual Health Services

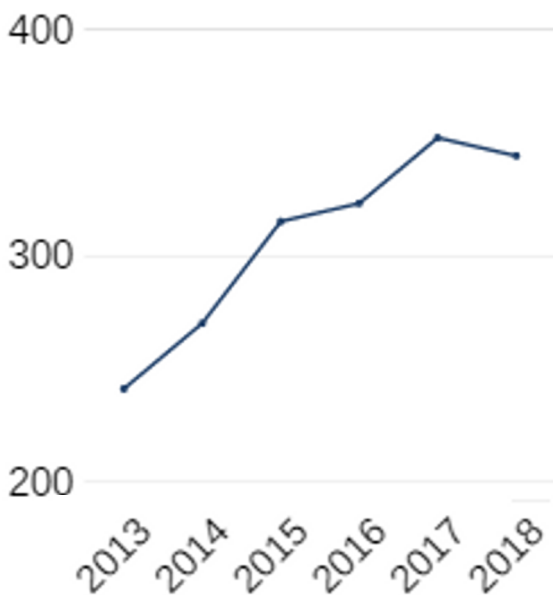
RCDHU offers a variety of sexual health services. RCDHU's Sexual Health Program has been changing in response to increasing rates of sexually-transmitted infections (STI) and client needs.

In September 2018, RCDHU began offering STI testing for Chlamydia and Gonorrhea to asymptomatic clients aged 15-24. In December 2018, due to increased demand, the services were expanded again to include uncomplicated STI cases for clients of all ages.

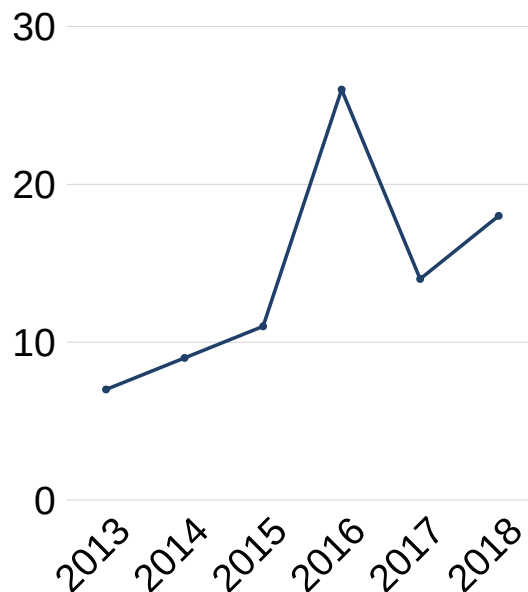
RCDHU engaged community physicians in the Arnprior, Renfrew and Pembroke areas in October 2018. These partnerships build on the services our public health nurses provide in those communities and reduce barriers for clients without a family doctor. Referrals are made to these physicians so clients can obtain pap tests, birth control prescriptions, HIV and Hepatitis B and C testing.

RCDHU offers free STI treatment to clients. Antibiotics can be dispensed free-of-charge to clients with a valid prescription.

NUMBER OF CHLAMYDIA CASES IN RCDHU



NUMBER OF GONNORHEA CASES IN RCDHU

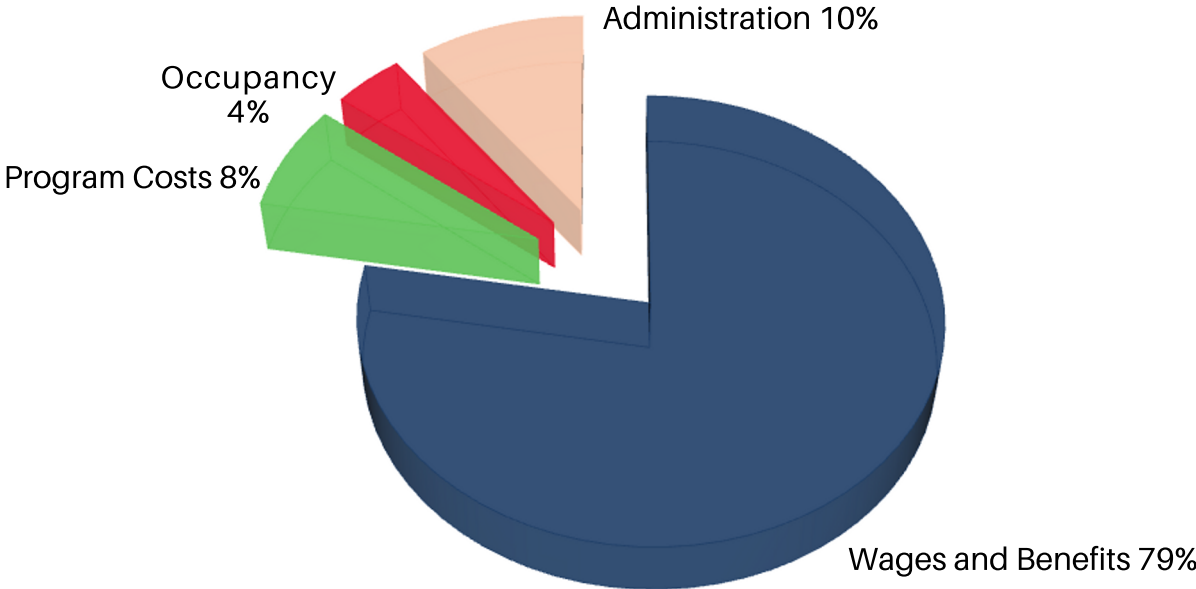


NEW SERVICES



2018 FINANCIAL REPORT

Expenditures by Category (\$8,457,000)



Funding Sources

