

Contact us for credible, reliable, free, and confidential health information.

Peterborough County-City Health Unit
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Board of Health	Ext, 264
Medical Officer of Health and Chief Executive Officer, Dr. Garry Humphreys	Ext. 264
Linda Hughes, Executive Assistant	Ext. 264
Director, Administrative Services, Lorraine Skipwith	Ext. 231
Director, Health Protection, Tom Cathcart	Ext. 259
Rabies Control Program (report a dog or cat bite)	Brenda, Ext. 232
Safe Water Program (well water questions)	Jack, Ext. 267 or Shawn, Ext. 287
Sewage Disposal Program (permits and inspections)	Carolyn, Ext. 228
Food Safety Program (food handler training)	Chris, Ext. 225, or Jeannie, Ext. 305
Manager, Donna Churipuy	Ext. 218
Peterborough County-City Youth Action Alliance	Jacqui, Ext. 238
Tobacco Use Prevention (cessation or complaints)	Diana, Ext. 330
Health Hazards (air quality, mold, heat, West Nile Virus)	Brenda, Ext. 232
Manager, Edwina Gracias	Ext. 271
Immunization	Charmaine, Ext. 222, or Jan, Ext. 262, or Marilyn Ext. 270
Communicable Diseases	Simon, Ext. 249, or Wanda, Ext. 285
Travel Clinic	748-2021
Routine Immunization Clinic	Colleen, Ext. 301
Vaccine Ordering	Zina, Ext. 283
Pandemic Influenza	Diana, Ext. 289
Manager, Ann Keys	Ext. 295
Child Health and Development	ask for: Family Healthline
Dental Services (clinics, financial assistance for children needing treatment)	Aimee, Ext. 292
Genetic Counselling (prenatal, cancer, inherited conditions)	Kathy, Ext. 276
Reproductive Health (info about preconception and pregnancy)	Wendy, Ext. 253
Sexual Health	Fran, 748-2021
Director, Health Promotion, Maureen McKeen	Ext. 234
Infant & Toddler Development	Wendy, Ext. 253
Manager, Karen Chomniak	Ext. 242
Healthy Babies, Healthy Children (pregnancy, birth to 6 years consultation and home visiting)	ask for: Intake Public Health Nurse
Nobody's Perfect (parenting program)	Gail, Ext. 266
Manager, Larry Stinson	Ext. 255
Injury & Substance Abuse Prevention	Joanne, Ext. 316
Nutrition Promotion	Remy, Ext. 281
Physical Activity Promotion	Kristeen, Ext. 254
Resource Loans	Karen, Ext. 260
School Health	Joanne, Ext. 316
Skin Cancer Prevention	Remy, Ext. 281
Workplace Health	Kristeen, Ext. 254



Peterborough County-City Health Unit

2005 Annual Report

... because health matters!



Deputy Reeve Madeline Pearson
Chairperson, Board of Health

Board of Health

Deputy Reeve Madeline Pearson (Chairperson)
City Appointee, Mr. Paul Jobe (Vice-Chairperson)
Councillor Henry Clarke
Councillor Jack Doris
Deputy Reeve Paul Heath
Chief Keith Knott
Reeve Ron Millen
Provincial Representative, Mr. David Watton

Executive Staff

Dr. Garry Humphreys,
Medical Officer of Health and Chief Executive Officer
Tom Cathcart, Director, Health Protection
Maureen McKeen, Director, Health Promotion
Lorraine Skipwith, Director, Administrative Services



Dr. Garry Humphreys
Medical Officer of Health
and Chief Executive Officer

Message from our Board Chairperson

It was a pleasure to have served as Chairperson of the Board of Health for the year 2005.

During the year Mr. David Watton was welcomed as a new member of the Board of Health. Mr. Watton was appointed to the Board of Health by a Provincial Order In Council for a three year term. Mr. Watton's wealth of knowledge and experience in environmental matters, research, and policy development is a valuable addition to the work of the Board of Health.

Dr. Humphreys' reappointment as Medical Officer of Health was approved by the Minister of Health. Our Health Unit's high compliance rate with the provincially mandated public health programs and services is a direct result of Dr. Humphreys' leadership. Mandatory programs and services improve the health of people living and visiting in our area through health protection, disease and injury prevention, and health promotion.

With the creation of the Peterborough Office of Primary Care and Family Health Teams, the Board of Health's involvement with Nurse Practitioner initiatives ceased at the end of the year. The Board of Health continues to be concerned about access to primary health care however, and initiatives such as the creation of Family Health Teams and the construction of the new hospital in Peterborough are very positive steps towards improved access to care.

I am very grateful to Dr. Humphreys and the staff of the Health Unit for their assistance throughout the year and their ongoing commitment to excellence in all that they do.

Madeline Pearson

"An important strength of public health is our multi-disciplinary nature and work force. The wide variety of services and programs offered by public health and the multi-disciplinary nature of our work force reflect our broad-based mandate to address the various determinants of health - biological, social, cultural, and environmental. Local knowledge and community partnerships enable us to not only respond to local needs, but to support community development for enhanced health capacity."

Ontario Ministry of Health and Long-Term Care
Capacity Review Committee Report

Nutrition

In 2005...

2,500	Recipes for Child Care calendars distributed
1,321	Gleaning Farmers Field participants
950	telephone inquiries
55	Eat Smart! restaurants
27	supermarket tours
22	media interviews
18	infant and toddler feeding workshops
17	workplace displays

Did you know...

that 31% of elementary school children and 62% of secondary school students in Canada don't eat breakfast daily?

In the 2004-2005 school year in the City and County of Peterborough...

34	Food For Kids Breakfast Clubs were held in 12 secondary and 22 elementary school programs
3,787	students ate at a Food For Kids breakfast club every school day
700,000	breakfasts were served

Infant & Toddler Development

In 2005...

1,001	consultations to families
228	children served
450	referrals to other agencies
46	parent education and support groups

2005 Highlights

Determinants of Health

Health is not the absence of sickness but, as noted by the World Health Organization, stems from a state of complete physical, mental, and social well-being. This is why factors such as our income, the places where we live, our education, our ability to do things that are important or have meaning for us, and our connections with others, are so critical to our health. Peterborough County-City Health Unit staff know this well. During 2005 they were involved in a partnership with the YWCA's new Training Centre to increase their awareness and understanding about the above factors, known also as the "Social Determinants of Health". The overall goal of the training is to help staff integrate the Social Determinants of Health in their programs and services. Staff looked at the assumptions they make through work, issues around power, and how our practices impact community members. Staff explored ways to build stronger relationships with vulnerable communities.

Healthy Eating

Healthy eating can be easy with some help from the Nutrition Program staff. In 2005, we met with you at grocery stores; in your work place; in workshops; at restaurants; in schools; and even in a farmers field to help you make the right choices. Some of you may have caught our To Your Health segments on CHEX 5:30 Newswatch or read our tips in your local newspaper. Food is so much a part of your life and our Nutrition staff have tried to be there with you every step of the way so you can make the healthiest choices.

Food For Kids Breakfast Clubs



There are many reasons that breakfast programs are seen as a critical investment in our children. Research has well established the link between good nutrition and learning. Local teachers report improved behaviour, attitude, alertness, attention span, and learning with breakfast program involvement. Over 50 community organizations and businesses supported the Food For Kids breakfast clubs with financial contributions, food donations, start-up equipment donations and/or volunteer support. It only costs an average of 20 cents a day, per student, to offer breakfast in our community.

Infant and Toddler Development Program

The Infant and Toddler Development Program provides individual, early intervention services to families of children from birth to five years of age who: may become delayed in development because of prematurity, social, or economic concerns; are diagnosed with special needs such as Down syndrome, cerebral palsy, or spina bifida; or are delayed in development.

2005 Highlights

Peterborough Occupational Health Project

In the spring of 2005, it was identified that there were significant occupational exposures to asbestos and beryllium in Peterborough in past years. With the long latency period from exposure to the development of diseases, some health conditions were not being recognized as being work related. It was determined that education of primary care practitioners in early identification of workplace exposures would be most helpful in determining work relatedness and promoting health, medical interventions and prevention strategies sooner. As a result, an education program for primary care practitioners was developed with the assistance and mentorship of our local experts in family practice, respirology, and occupational medicine. Each primary care practitioner was visited in their office or homes for 30 minutes and group presentations were done for the Emergency Department and Hospitalists at the Peterborough Regional Health Centre. A comprehensive information toolkit was given to each primary care practitioner. There was 93% participation in the education program by the local primary care practitioners, 100% finding the information and resources "helpful" and 98.5% stating they will "likely" use the "Asbestos Decision Tree" and Occupational Screening questions.

Kashechewan First Nation

The Ontario Ministry of Health and Emergency Management Ontario requested that the City of Peterborough provide relocation facilities and services for 131 residents of Kashechewan who were evacuated in response to infrastructure and health problems caused by a contaminated water system. The Peterborough County-City Health Unit's Emergency Response Plan was activated to provide health services to evacuees. Between November 2, 2005 and December 2, 2005 the Peterborough County-City Health Unit:

- inspected evacuation facilities for food safety and sanitation standards;
- completed initial health and assessment services for evacuees;
- coordinated health services for evacuees;
- monitored for communicable diseases;
- provided 86 nursing consultations;
- assessed and treated 24 evacuees at the Peterborough Nurse Practitioner Clinic; and
- arranged follow up nursing care.

Financial Report - 2005

Where the money came from...	
Province of Ontario	\$5,540,275
City of Peterborough	\$2,003,429
County of Peterborough	\$1,014,635
Curve Lake First Nation	\$ 11,170
User Fees & Other	\$ 571,100

Where the money went...	
Public Health Programs and Services	\$5,851,076
Healthy Babies, Healthy Children Program	\$ 742,273
Ontario Works - Dental	\$ 588,941
Smoke Free Ontario	\$ 303,232
Sewage Disposal Program	\$ 287,240
Keene Health Centre	\$ 274,010
Genetics Program	\$ 244,439
Infant and Toddler Development Program	\$ 242,423
Early Child Development	\$ 221,885
West Nile Virus Prevention	\$ 141,924
Other	\$ 178,552

Mandatory Guidelines

Under the Health Protection and Promotion Act, Boards of Health are required to ensure the provision of a minimum level of public health programs and services as specified in the mandatory guidelines. The guidelines set out the requirements for fundamental public health programs targeting prevention of disease, health promotion, and health protection.

Thank You

Thank you to all the coalition and community partners that worked with us to improve the health of people living and visiting Peterborough County and City. We look forward to continuing to work together.

1	Medical Officer of Health
3	Directors
6	Managers
1	Executive Assistant
1	Administrative Assistant
3	Bookkeepers
1	Caretaker
4	Community Workers
3	Computer Technician Analysts
1	Dental Assistant
1	Dental Hygienist
1	Divisional Secretary
2	Genetic Counsellors
12	Health Promoters
1	Health Studies Assistant
1	Housekeeper
5	Infant Development Workers
4	Nurse Practitioners
10	Public Health Inspectors
18	Public Health Nurses
3	Public Health Nutritionists
1	Receptionist
7	Registered Nurses
1	Registered Practical Nurse
22	Secretaries

Did you know...

that the Peterborough County-City Health Unit has one of the lowest per capita costs and one of the highest mandatory program compliance rates in the province?

Salary Disclosure

As defined in the Public Sector Salary Disclosure Act, 1996, in 2005 the following individual was paid a salary of \$100,000 or more: Garry Humphreys, M.D., Medical Officer of Health

Salary Paid	\$182,837
Taxable Benefits	\$1,726

Safe Water

Did you know...

that residential well water testing is still provided free of charge by the Public Health Laboratory?

In 2005...

- 3,184** enquiries from the public about their well water answered by public health inspectors
- 246** reports of adverse water quality in regulated and municipal water systems
- 2,507** "How Well is Your Well" information booklets distributed to homeowners

Food Safety

Did you know...

that there are 2 million cases of food poisoning every year in Canada?

In 2005...

- 2,170** food premises inspected and 1,041 re-inspected to ensure compliance with regulations and standards
- 1,085** consultations with food premise owners and operators
- 535** people passed our Food Handler Certification training course

Rabies Control

Did you know...

that the fatal disease rabies can be transmitted by animals that appear to be healthy?

In 2005...

- 2,111** dogs and cats were vaccinated against rabies at low-cost vaccination clinics provided by local veterinarians
- 186** animal biting incidents were investigated

2005 Highlights

Beaches

The Health Unit tests public beaches throughout the summer. Most Peterborough County public beaches are tested at least once a week. The City of Peterborough beaches are tested each weekday.

When tests show that there are high levels of E. coli bacteria in the water, the Health Unit will post signs along the beach warning bathers that the water is polluted. The risks of swimming at a beach with high bacterial levels include eye, skin, ear, nose and throat infections. Stomach ailments such as nausea or diarrhea can also occur.

The test results are posted every day on our website (www.pcchu.ca). You can also call the Health Unit at (705) 743-1000 or toll free 1-877-743-0101, or call the park office.

There are several possible sources of E. coli in beachwater, but the biggest source at most beaches is waterfowl. You can help by not feeding waterfowl, and cleaning up any litter to reduce the number of birds in the beach area.

Private Sewage Systems

In rural areas where there are no municipal sewers, homeowners must provide their own private sewage disposal systems, such as septic tanks and tile beds. The Peterborough County-City Health Unit is the agency responsible for enforcement of regulations governing private sewage disposal systems. Our inspectors review proposals to install new sewage systems, inspect the systems when they are installed, and investigate complaints of malfunctioning septic systems. In 2005, we issued 641 permits for new systems, and investigated 200 complaints.



Kathleen Sheperd, Public Health Inspector



Lesley Kennedy, Public Health Inspector

2005 Highlights

Smoke-Free Ontario Act Becomes Law

The Act that will prohibit smoking in all workplaces and enclosed public places across Ontario by May 31, 2006 was passed. The new provincial legislation will:

- ban smoking in all enclosed public places and workplaces as of May 31, 2006, including restaurants, bars, schools, private clubs, sports arenas, entertainment venues, work vehicles and offices;
- toughen laws on tobacco sales to minors; and
- restrict the display of tobacco products in retail outlets, with a complete ban on the display of tobacco products by May 31, 2008.

Pandemic Influenza Planning

The World Health Organization and health experts around the world are predicting that a global outbreak of pandemic influenza will occur. The timing and pattern of the pandemic is unpredictable. Estimates suggest that in Peterborough County and City, anywhere from 15,000 to 35,000 residents may seek medical attention. In order to plan for the overwhelming demand on our healthcare system and ensure essential services are maintained, the Peterborough County-City Health Unit is working with local agencies to develop a coordinated response to this serious health emergency.

The local planning team....



Left: Sandy Welsh, 911/Emergency Planning Coordinator, County of Peterborough
Diana Charlebois, Registered Nurse, Peterborough County-City Health Unit
Margaret Jay, Coordinator, Infection Control, Peterborough Regional Health Centre
Centre: Colleen Petersen, Manager, Employee and Patient Safety, Peterborough Regional Health Centre
Edwina Gracias, Manager, Peterborough County-City Health Unit (Chairperson)
Sharon Jedlicka, Assistant Emergency Planner, City of Peterborough
Trent Gervais, Deputy Fire Chief, Community Emergency Management Coordinator, City of Peterborough

Genetics



Our Genetics Program can help you determine if your family history puts you at increased risk for cancer.

More than 80 people were referred to our Genetics Program for counselling because of concerns about a family history of cancer.

Our Genetics Counsellors saw 232 people and 114 other family members about cancer or other inherited conditions.

94 clients and 86 family members saw medical geneticists in our 7 local clinics.

Tobacco Control

Did you know...

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

Vaccine Preventable Diseases

In 2005...

- 93%** of school children had complete immunization
- 81%** of Grade 7 students received both doses of hepatitis B vaccine
- 3,478** doses of pneumococcal vaccine were distributed
- 1,719** clients attended travel clinics
- 2,405** travel clinic vaccines were administered

Did you know...

that handwashing is the best way to prevent the spread of the flu virus?

In 2005...

- 43,338** doses of influenza vaccine were distributed
- 44%** estimated percent of population immunized against influenza
- 88%** rate of influenza immunization for eligible residents in long-term care facilities

Genetics

Did you know...

that history of breast cancer on your father's side of the family is just as important as on your mother's side?

Injury Prevention

Did you know...

that motor vehicle crashes are the leading cause of injury and death in children?

In 2005...

- 13** community carseat safety clinics were held
- 156** carseats were checked

Did you know...

that falls cause more than 90% of all hip fractures in seniors and 20% die within a year of the fracture?

In 2005...

Falls Prevention Resources Distributed:

- 311** Do You Have a Safe Home
- 305** Footwear
- 100** Winter Active Winter Smart
- 360** Am I At Risk Assessment Tool
- 410** Getting Up From A Fall

Healthy Babies, Healthy Children

Did you know...

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

In 2005...

- 729** families with new babies received a home visit from a public health nurse
- 1,130** home visits were completed by public health nurses and family home visitors
- 10** Nobody's Perfect parenting education support series were offered for parents of children from birth to age five years.

2005 Highlights

Motor Vehicle Safety



Left: Sergeant Bob Caister (Ret.), Lakefield Community Police Services
Right: Constable Brad Filman (Ret.), Ontario Provincial Police

On September 1, 2005, Bill 73 - An Act to Enhance the Safety of Children and Youth on Ontario Roads became law. Children who are less than eight years of age, weigh between 40-80 pounds, and have a standing height of less than four feet nine inches must be restrained in an approved booster seat when transported in a motor vehicle. The Ontario Provincial Police and the Peterborough Lakefield Community Police Services partnered with the Health Unit in delivering a community campaign to promote the requirements in the new Act.

Falls Prevention

Partners in Aging Peterborough, a local coalition, introduced an innovative new program to address falls amongst people age 65 years and older. Training was provided to Personal Support Workers who come into regular contact with seniors in their homes. As a result of this training staff will identify risks for falls in their clientele, report them to the Supervisor, who in turn will report them to the Peterborough Community Access Centre for management and action. The coalition has thereby facilitated the adoption and integration of a sustainable falls prevention strategy to be used in care planning for seniors.

Drug Awareness Week



Grade 12 drama students from Adam Scott CVI and Holy Cross S.S created, produced, and performed substance abuse prevention vignettes to over 1,500 Grade 7 and 8 students during Drug Awareness Week.

Youth Outreach

Public health staff provide outreach services every two weeks to the Youth Emergency Shelter. A public health nurse works closely with shelter staff, and regularly provides: individual assessment and counselling for residents on healthy sexuality, contraception and disease prevention, testing and treatment for sexually transmitted infections, and referral to community services. Other public health staff provide workshops on healthy lifestyles, nutrition, and tobacco use prevention. This collaboration provides important outreach to enable youth to lower their risk by making responsible and healthy choices.

2005 Highlights

Prenatal Education

In order to meet the needs of our local community, our prenatal education series expanded in 2005 from two classes to five. We have been able to meet the strong public demand for this program by offering 24 prenatal series a year with partial subsidy for those in financial need.

Expectant parents now have one-stop point of access to programs and services which support healthy pregnancy and preparation for their baby's arrival. Expectant parents are registered for the Prenatal Health Fair and classes; teens are linked with the Prenatal Supper Club, comprehensive assessment and home visiting services; and smokers are referred to resources and support to help them quit. All women are encouraged to register early in pregnancy to ensure they receive timely information.

Transition to Parenting

Few things change life like the birth of a child! In 2005, we held focus groups for local expectant parents, at or beyond the 20th week of pregnancy, who had not yet taken prenatal education. Men and women took part in separate groups, and shared their thoughts on parenting, physical and emotional changes, roles, relationships and support. Their top three concerns were finances, relationships with their partner, and knowledge about baby care. Knowing what to expect, and sharing hopes, expectations and concerns with a partner can make changes and decisions easier to handle. Be sure to register early for prenatal classes and the Prenatal Health Fair, and ask for a copy of "From Partners To Parents".

Breastfeeding

The Canadian Paediatric Society, Health Canada, and the Dietitians of Canada all recommend that babies receive only breastmilk for the first six months, that complementary iron-rich foods be added at six months, and that breastfeeding continue up to two years of age!

Our public health nurses provided more than 300 consultations to breastfeeding mothers; 29 local health care professionals attended our breastfeeding training courses; and 25 prenatal educators attended 4 other education sessions.

Dental Health

Dental health plays an important role in a person's overall health. Health Unit staff saw more than 3,000 children for dental screening in 2005 and 207 children in urgent need of treatment received financial assistance to see a dentist.

Sexual Health Clinics

Sexually transmitted infections have serious consequences for your future: pain, harm to reproductive organs, and reduced chances of having children. Don't become a statistic - use condoms and contraception! Our sexual health clinics operate 5 days a week; evening appointments are available.

Reproductive and Child Health

Did you know...

that about 86% of new mothers who give birth at our local hospital choose to breastfeed their babies...

In 2005...

- 374** expectant parents attended the Prenatal Health Fair
- 565** attended prenatal education classes
- 94** young women and parents attended Teen Supper Club
- 317** breastfeeding mothers were provided with consultation and support
- 67** parents attended information sessions about Care For Kids -- a sexual health education and abuse prevention program for young children
- 939** parents of young children spoke with public health nurses about child health and development

Did you know...

that 71% of pregnancies are planned?

Sexual Health

Did you know...

that many sexually transmitted infections have no symptoms?

In 2005...

- 6,153** client assessments were done at sexual health clinics, of these
- 3,577** were related to sexually transmitted infections including HIV and AIDS, and
- 4,788** for contraception