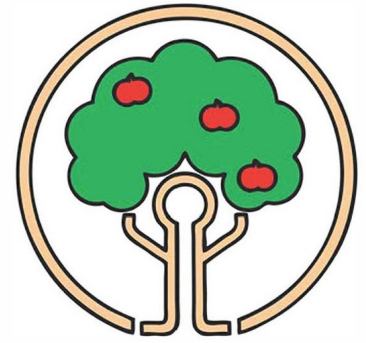


Renfrew County and
District Health Unit

ANNUAL REPORT

2019



Renfrew County and
District Health Unit

"Optimal Health for All in Renfrew County and District"



Ontario's Highlands Tourism Organization Photograph by Gabriel Rivett-Carnac

BOARD OF HEALTH ADDRESS

As we reflect on 2019, another great year, we extend a sincere thank you to the dedicated staff at Renfrew County and District Health Unit (RCDHU), our community partners and stakeholders. We commend you for your efforts in striving to achieve "Optimal Health for All in Renfrew County and District."

The year 2019 brought both great successes and a significant environmental challenge with the spring flooding. This challenge demonstrated the deep strength at the core of our community.

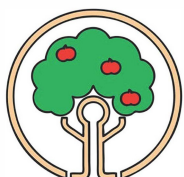
Among the successes, RCDHU focused on mental health and infant feeding, conducting a Perinatal Mental Health Survey, working in collaboration with the Renfrew County District School Board (RCDSB) to support the implementation of the Kids Have Stress Too!® Program, and adapting a tool kit for physicians, the Physician's Breastfeeding Toolkit. RCDHU also released a new online disclosure system on the RCDHU website to provide residents with details regarding inspections, water advisories, tobacco/vapor product convictions and beach water testing, to align with RCDHU's value to operate ethically and transparently in the service of our communities. In partnership with Health Canada and CARST (Canadian Association of Radon Scientists and Technologists), the Healthy Environments team campaigned a Radon Awareness Test Kit Challenge.

In the Spring of 2019, RCDHU responded to one of the most significant flooding events in Renfrew County and District (RCD) history. RCDHU staff made onsite visits to all municipalities who declared an emergency and set up the successful public health flood response intake line.

To see more of the highlights from 2019, we are pleased to present this Annual Report. We thank our funding partners, stakeholders and community for all of their support throughout 2019 and hope you enjoy this report.

Respectfully submitted,

Dr. Robert Cushman, MOH(A) Heather G Daly, CEO(A)/Director of Corporate Services, Janice Visneskie Moore, Chair, Board of Health



Renfrew County and
District Health Unit
"Optimal Health for All in Renfrew County and District"

HEALTHY FAMILIES

PERINATAL MENTAL HEALTH SURVEY

RCDHU continued to collaborate with community partners through the Perinatal and Infant Mental Health Working Group to address perinatal mental health concerns in RCD. A survey was conducted to help identify strengths, weaknesses, and opportunities for improvement in the existing perinatal programs and services. The working group will use the results from the survey, in addition to other evidence, to inform a comprehensive, consistent, and effective system of care for perinatal mental health in RCD.



KIDS HAVE STRESS TOO!

In 2019, RCDHU worked in collaboration with the Renfrew County District School Board (RCDSB) to support educators with implementation of the Kids Have Stress Too!® Program. Kids Have Stress Too! is an evidence-based program designed to teach kids how to cope with stress in a healthy and constructive way, as well as, support social and emotional development. A parent survey was conducted to identify trends in signs of stress and coping strategies used during children's transition to junior kindergarten, as well as, how parents want to receive information. A pilot parent workshop was delivered to parents and children preparing to enter junior kindergarten. Community partners were trained to deliver the program to the parents and children. RCDHU continues to collaborate with RCDSB and community partners to implement the program with preschool children, in kindergarten classrooms, with parents, and in the community.

MENTAL HEALTH INQUIRIES

800
in-person
interactions

In 2019, a total of 800 in-person interactions related to mental health were reported from the RCD community who attended one of RCDHU Parent Child Drop-Ins or Under One Clubs.

INFANT FEEDING

RCD has a high rate of breastfeeding initiation, but low exclusive breastfeeding rates at two as well as at five and a half months after birth. To better support breastfeeding people, a tool kit was adapted for physicians by RCDHU to better support successful breastfeeding. The Physician's Breastfeeding Toolkit has been presented to a small group of health care providers, and as a next step they will champion this initiative among their peers with support from RCDHU.

The Healthy Families team, in collaboration with Dr. Koudra of the West Champlain Family Health Team (WCFHT) started offering a Breastfeeding Drop-in in Pembroke in 2019. A Lactation Consultant at Renfrew County and District Health Unit, offers one-on-one support and counselling to breastfeeding families attending the drop-in.

CHRONIC DISEASE PREVENTION

YOU'RE THE CHEF

You're the Chef (YTC) is a hands-on, train-the-trainer program that helps students ages 10-14, develop cooking skills and confidence to prepare healthy and tasty recipes emphasizing vegetables and fruit. The RCDHU Public Health Dietitian trains volunteers to run YTC in schools, and coordinates program implementation across Renfrew County and District. Twelve programs were completed in the 2018-19 school year reaching over 160 students. YTC expanded in fall 2019, with 11 new school leaders attending the one-day training event with support from Renfrew County Catholic District School Board and Renfrew County District School Board. In addition, RCDHU contributed to a collaborative project with York Region Public Health dietitians to develop curriculum-based lesson plans to further support integration of YTC and food literacy programming into the classroom.



SPRING 2019 FLOODING

In 2019, spring melt led to high water levels resulting in major community flooding within Renfrew County and District. There was a large snowpack with significant water content, as well as heavy rain during the melt. This led to higher than normal water levels during the freshet.



RCDHU staff made onsite visits to all Renfrew County municipalities who declared an emergency providing packages of fact sheets, hand sanitizer and hand wipes. These municipalities included: Township of Whitewater Region, declared on April 25th, Township of Horton, declared on April 26th; Township of McNab/Braeside, declared on Friday, April 26th, Township of Laurentian Valley, declared April 27th, Township of Greater Madawaska, declared on April 28th, Town of Petawawa, declared on April 28th, Township of Killaloe-Hagarty-Richards, declared April 29th and the City of Pembroke, declared on May 9th. RCDHU also reached out to Algonquins of Pikwakanagan and the Township of South Algonquin to provide resources and support.

The County of Renfrew declared an emergency for the County of Renfrew on April 28, 2019. Renfrew County and District Health Unit activated their Emergency Response Plan on April 29, 2019. Further to this, RCDHU activities included:

- Establishing the Public Health Flood Response Intake Line and helped to establish psychosocial supports for the affected communities;
- Providing public and social media messaging through participation in a public technical briefing and responding to interview requests, distribution of media releases, social media posts; and providing radio public service announcements;
- Developing and disseminating of several new or updated fact sheets on staying safe during and after a flood, caring for your water well during and after a flood, hand washing in emergency situations, what people need to know about flooded septic systems, how to disinfect a well, food safety during a flood, and responding to stressful events and flood clean up;
- Providing support at Community Wellness Centres;
- Attending municipal and public flood-related meetings; and
- Setting up a temporary drinking water sample pick up service location in the Township of Killaloe, Hagarty, and Richards.

HEALTHY ENVIRONMENTS



Village of Eganville; Photography by Marilyn Halko

RADON

In November 2019, in partnership with Health Canada and CARST (Canadian Association of Radon Scientists and Technologists), Healthy Environments campaigned a Radon Awareness Test Kit Challenge. The purpose of the challenge was to promote radon testing in homes within RCD. Health Canada provided 100 radon test kits to be distributed to participants who registered for the challenge. An information session was also provided on November 13, 2019 with 50 people in attendance. In total 99 out of 100 kits were claimed and setup in homes throughout RCD. Kits will be collected in February 2020 and results will be used to inform the participants of their home's radon levels and improve public health community action by RCDHU.

18

ticks positive for
Lyme disease
(11%)

LYME DISEASE

RCDHU monitors the Lyme disease in the community through passive and active surveillance. A total of 124 ticks were reported to be found on humans in 2019 (passive surveillance). Tick dragging (active surveillance) in various areas within RCD captured 3 ticks.

DISCLOSURE

At the beginning of 2019, a new online disclosure system was launched on the RCDHU website. This system provides the public with information on:

- Routine, follow-up and complaint-based inspections
- Drinking water advisories
- Infection prevention and control (IPAC) lapses
- Tobacco/vapor product control convictions
- Beach water testing results

All inspected facilities within Renfrew County and South Algonquin were provided with disclosure signs to be posted to inform the public of the online disclosure system.

HARM REDUCTION

In collaboration with community partners, the Renfrew County and District Health Unit provides harm reduction services to clients throughout the community. Harm reduction includes programs and practices that aim to keep residents safe and minimize disease and injury resulting from high risk behaviours such as substance use.

Providing clean needles and supplies for people who use drugs decreases the risk of diseases (i.e. Hepatitis C and HIV) from sharing equipment. In the spring of 2019, Renfrew County and District experienced an increase in the number of overdose reports as a result of fentanyl and the drug “purple”. The Health Unit raised awareness of this serious public health issue and continued to distribute naloxone.

NALOXONE

Naloxone is a life saving medication that can temporarily reverse an opioid overdose. RCDHU provides free Naloxone kits to individuals 16 years of age and older that:

- Are currently using opioids
- Have had a history of opioid dependency or,
- Are a family member or friend of someone who uses opioids

233

naloxone kits
distributed
between RCDHU
and community
partners

182,800

needles
distributed

3,285

crack pipes
distributed

495

meth pipes
distributed

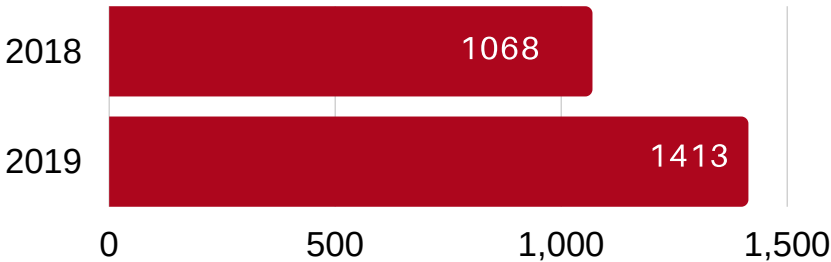
VACCINE PREVENTABLE DISEASES



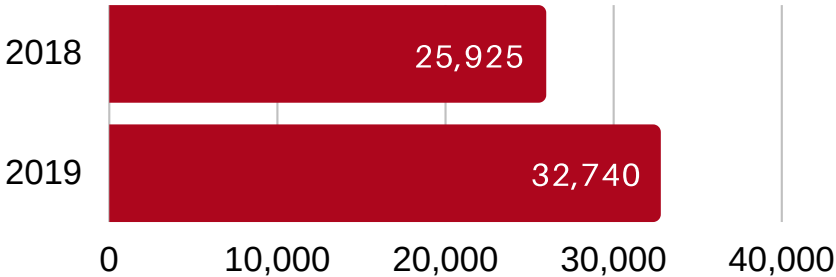
INFLUENZA VACCINATION 2019 FLU SEASON

The Universal Influenza Immunization Program (UIIP) allows all Ontarians over six months of age to receive publicly funded influenza vaccination. RCDHU has been striving to increase the number of influenza vaccination. In 2019, there was an increase in the amount of clinics offered by RCDHU as well as an increase in the distribution of doses to health care providers.

DOSES OF INFLUENZA IMMUNIZATIONS PROVIDED BY RCDHU



DOSES OF INFLUENZA IMMUNIZATIONS DISTRIBUTED TO HEALTH CARE PROVIDERS BY RCDHU



IMMUNIZATION OF SCHOOL PUPILS ACT (ISPA) 2019

Under the Immunization of School Pupils Act, children need to have proof of immunization against diphtheria, tetanus, polio, measles, mumps, rubella, meningococcal disease and whooping cough. Also, children born in 2010 or later are required to show proof of immunization against chicken pox (Varicella). Children who are not fully immunized or do not have a valid exemption may not be allowed to attend school.

2,229

Number of Students Overdue for ISPA Requirements

991

Number of Students at Risk of Suspension

83

Number of Students Suspended

INFECTIOUS DISEASES

PREVENTING THE SPREAD OF ILLNESS, INFECTION AND INFESTATION

In 2019, RCDHU released a resource called *Communicable Disease Guidelines For Schools and Child Care Facilities* to support the health and well being of staff, children and families who utilize child care services. This resource looks at best practices to help prevent the spread of illness and infections and is available in digital copy only. Engagement sessions were held with childcare facilities providers, to help them adopt best practices into their facilities throughout RCD.



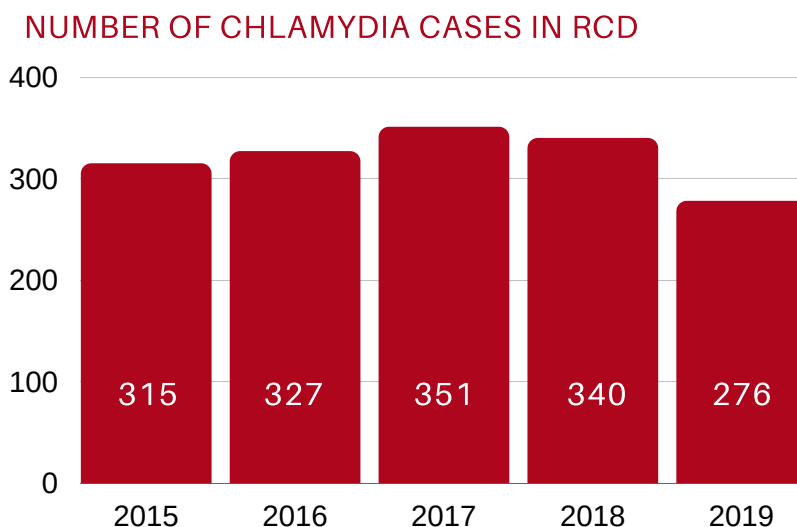
ENABLING ALL TO REACH THEIR FULL SEXUAL HEALTH POTENTIAL

With a variety of new services acquired last year, such as Sexually-Transmitted Infections (STI) testing for Chlamydia and Gonorrhea to asymptomatic clients, free STI treatment and referral to community physicians for clients with sexual health concerns, RCDHU saw in 2019 an increased attendance of its Sexual Health Clinics (SHC). We saw a 25% increase in “walk-in” SHC clinic attendance compared to 2018. Nearly 100 clients were referred to a community physician to obtain cervical screening, birth control prescriptions, Blood Borne Infections testing, and much more. RCDHU maintained Bilingual sexual health services, allowing clients to receive service in both French and English.

25%
increase to walk-in
sexual health
clinics

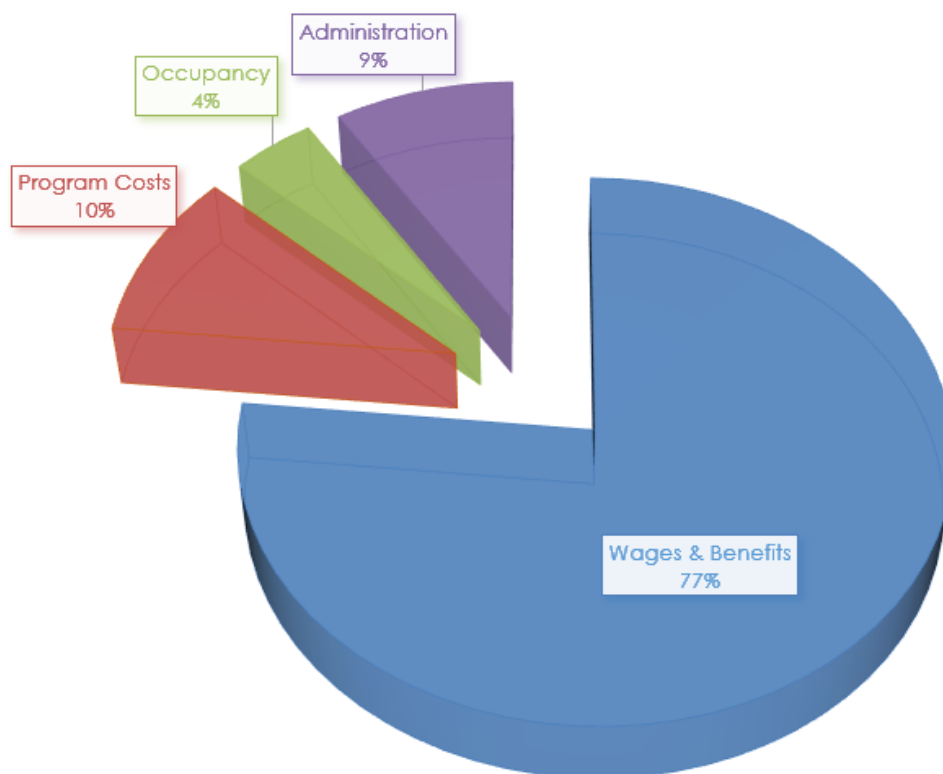
100
clients referred to
a community
physician

Since 2017, the rate of chlamydia infections, the most frequently reported disease of public health significance in RCD, has been steadily trending downwards. Based on the STI investigations performed with people infected with chlamydia in 2019, the most commonly reported risk factor for chlamydia in RCD is no condom use. RCDHU Sexual Health Program offers free condoms and dental dams through Sexual Health Clinics and Health Care Providers.



2019 FINANCIAL REPORT

EXPENDITURES BY CATEGORY (\$8,920,000)



FUNDING SOURCES

