



2018

ANNUAL REPORT



MISSION STATEMENT

*Working together to promote wellness,
prevent and protect against disease and injury,
and advocate for healthier communities.*

A WORD FROM THE MEDICAL OFFICER OF HEALTH



Welcome to our 2018 annual report. It was another busy year for the Eastern Ontario Health Unit (EOHU) as our team rolled out various programs to improve the population's well-being and tackle public health challenges.

As is the case across the province and indeed the country, we are seeing an increasing number of overdoses and deaths in our area due to the presence of illegal opioid drugs on our streets. The health unit therefore continued its work to help prevent overdoses in 2018 by developing resources for users and their friends and family members, as well as giving presentations in schools and to the community at large about how to use naloxone, a drug that can save lives by reversing the effects of opioids.

Besides its regular health promotion initiatives, the health unit also launched a campaign to raise awareness about the effects and potential dangers of cannabis use, as it became a legal substance in Canada in October 2018.

Despite the mounting public health threats we are facing, the EOHU is making a difference and improving lives through the efforts of our dedicated staff members.

Dr. Paul Roumeliotis
Medical Officer of Health
Chief Executive Officer





RAISING HEALTHY CHILDREN IN HEALTHY COMMUNITIES

The Eastern Ontario Health Unit is responsible for delivering a wide range of programs to ensure the health and well-being of the families we serve. Investing in early intervention and prevention programs that support children's current and future health and development is a means to achieve this.

NUTRITION

In 2018, the Nutrition team at the EOHU worked on several initiatives throughout the year to increase the intake of nutritious foods amongst the population and increase the population's level of food literacy.

PROGRAM HIGHLIGHTS AND STATS

Food Literacy - Food Skills

- Grocery Store Tours: **36** tours were provided to a total of **277** participants.
- The EOHU also provided support to the Cooking with Dietitians program, in partnership with the City of Hawkesbury. The health unit provided support with program development, delivery, and evaluation.

Food Literacy - Food and Nutrition Knowledge

- The EOHU responded to **4** requests from the media regarding healthy eating.
- Brief contact interventions (internal and external): **98**
- 203 people participated in the EOHU's Nutrition Month contest on Facebook in 2018. The campaign was also used to launch the #EOHUeats/#BSEOatable video series.

Public Access to Counselling Services by Registered Dietitians

- The EOHU promoted Unlockfood.ca and Telehealth Ontario at team meetings with other EOHU staff, on social media, and through the EOHU's services and programs.

National and Provincial Food Policies

- The EOHU advocated for evidence-based provincial and national nutrition policies by participating in consultations and sending joint letters through the Ontario Dietitians in Public Health (ODPH).
- The EOHU also advocated for Front-of-pack nutrition labelling to increase consumer awareness about the nutritional qualities of packaged foods and encourage consumers to make better purchasing decisions.

Food Access and Availability Programs

- Number of Green Food Boxes distributed in 2018: **661**
- The EOHU also collaborated with charitable food programs in Hawkesbury, Dundas, Glengarry and Cornwall.
- The EOHU is a member of the Eastern Ontario Agri-Food Network committee.

Institutions (Group Homes/Lodging Homes)

- The EOHU supported institutional staff with menu planning and assessments.

Workplace - Healthy Foods in Hospitals (CCPN):

- The EOHU participated in the Dietetic Work Group.

Recreation Facilities

- The EOHU provided support and resources to 2 facilities.





HEALTHY POPULATIONS IN HEALTHY COMMUNITIES

Healthy communities are made up of individuals who maintain a healthy lifestyle by eating well and exercising regularly.

Recognizing that maintaining a healthy lifestyle isn't always easy, the EOHU has put in place several initiatives to encourage residents of Eastern Ontario to incorporate more physical activity into their daily routine.

PROMOTING ACTIVE AND HEALTHY COMMUNITIES

The EOHU promotes physical activity amongst individuals of all ages. In 2018, the health unit supported several community partners on issues related to physical activity, including Transition Cornwall + and the Prescott-Russell Recreational Trail.

PROGRAM STATS

- Number of brief contact information sessions provided to the public: **5**
- Number of children who received support from the Alexandria Chapter of the Jumpstart program: **29** (The program provides support to children and youth so they can participate in activities like hockey, soccer, gymnastics, dance, and martial arts.)
- The EOHU attended **9** Municipal Recreation Advisory Committee meetings across SD&G.

REGIONAL AND PROVINCIAL COLLABORATIONS TO PROMOTE PHYSICAL ACTIVITY

In 2018, the EOHU responded to over **250** requests from schools in its area for physical activity education and resources. The health unit also worked in partnership with **2** schools to help them obtain the OPHEA (Ontario Physical and Health Education Association) certification for a healthy school.

REGIONAL AND PROVINCIAL COLLABORATIONS TO PROMOTE HEALTHY GROWTH AND DEVELOPMENT THROUGH NUTRITION

In 2018, the EOHU collaborated with 30 other public health units across the province to support and enable child care providers to implement the food and drink requirements set out in the Child Care and Early Years Act (CCEYA). The EOHU also co-chaired the Ontario Dietitians in Public Health (ODPH) Child Care Work Group (CCWG).

PROGRAM STATS

- The EOHU provided training to over **46** child care staff (Early Childhood Educators or cooks) on various healthy eating topics, such as menu planning, the feeding environment, and responsive feeding.
- The nutrition team at the EOHU also provided support via brief contact intervention to **85** child care workers regarding nutrition.
- In addition, the team promoted the Ontario Dietitians in Public Health (ODPH) Menu Assessment Tool and Practical Guide, as well as the services offered by the health unit's registered dietitians, to child care settings.

The team at the EOHU also worked on increasing healthy eating awareness and capacity in families across the region:

- **22** Feeding Your Baby or Child Information Sessions were offered to **167** participants
- **60** Brief Contact Interventions were offered to families and other clients
- Staff at the EOHU also collaborated with other public health registered dietitians in Ontario to develop strategies, initiatives and tools to support the Healthy Growth and Development Standard.





ADMINISTRATION

OUR EMPLOYEES

As of December 31, 2018, we had **150** full-time employees and **20** part-time or temporary employees.

OUR VOLUNTEERS

The EOHU and the communities we serve are fortunate to benefit from many selfless hours donated by volunteers that support our public health efforts. Whether it's behind the scenes in our offices or providing rides to clients so that they can attend appointments, our volunteers are an essential part of the EOHU team. Their energy, dedication and thoughtfulness help make our Eastern Ontario community a healthier place to live. We cannot thank our volunteers enough for their generous spirit!

In 2018, **68** volunteers donated over **8000** hours to the EOHU. The volunteers contributed to a variety of programs, such as the Green Food Box and the school immunization clinics.

Volunteers working at the EOHU's offices also helped with the following programs, to name a few:

- Control of infectious diseases (washing and disinfecting toys)
- Healthy Babies/Healthy Children (preparing prenatal and postnatal kits)
- Safe water (preparing water bottles for well water testing)
- Vaccine preventable diseases (preparing letters about immunization to be mailed out to students)
- Speech program (laminating and cutting resources)
- Child health (preparing dental letters and consent forms to be mailed out)

COMMUNICATIONS DEPARTMENT

The Communications department completed 630 projects in 2018. The year was marked by the successful launch of several awareness campaigns, including a campaign to raise awareness about the effects and potential dangers presented by the use of cannabis, which became a legal substance across the country on October 17th, 2018.

In order to mitigate the risks cannabis use can present for individuals, the Communications team created a **Cannabis Q&A Website** where members of the public found information about what cannabis is, the laws surrounding the substance, and the effects it could have on their health. The team also produced a video series titled **Legal Doesn't Mean Harmless** to debunk myths about cannabis use. In addition, the health unit produced ads that aired on local radio stations and appeared at the Galaxy theatre in Cornwall as well as the EOHU's social media platforms.

In light of the increasing number of opioid-related overdoses and deaths in the region, the team also worked on several resources to help users prevent overdoses, such as the **Naloxone Training Guide for Opioid Overdose Prevention booklet**, as well as presentations for teachers and members of the community.

The Communications team also worked on a survey where members of the public could provide feedback about the health unit's programs and services. The survey was designed to provide the public with an opportunity to make suggestions about areas where the EOHU could make improvements.

The department also tackled several annual campaigns to increase the public's awareness of health threats like rabies, Lyme disease, and West Nile Virus. The EOHU's Nutrition Month campaign and contest, **Three Ways to Make Healthy Easy**, also attracted over **200** participants.

INFORMATION TECHNOLOGY (IT)

The IT department worked on several initiatives in 2018. The team installed a new phone system in all offices and purchased cellphones for several disciplines. The team also installed new copiers in all offices.

In addition, the team implemented several software platforms in 2018, including a system that sends out appointment reminder calls, and the Hedgehog system for Public Health Inspectors. The year was also marked by the addition of a new Systems Support Officer.





EPIDEMIOLOGY, SURVEILLANCE AND RESEARCH

The Epidemiology, Surveillance and Research department is the main point of contact within our region for public health and disease risk factor data. Local survey results and reports are shared on an ongoing basis with EOHU employees and with the community through presentations and the Reports section of the EOHU website. The epidemiology and evaluation projects of 2018 included:

ROUTINE REPORTING

- Weekly Cognos flu bulletin
- Monthly Cognos reports
- Quarterly BORN report for live births
- BFI reporting

In addition, the team conducted the Youth Risk Behaviour Survey in November and December 2018. The data analysis was conducted in 2019.

- Data was collected from **4746** students in grades 7 to 12 from **32** schools within **4** school boards.
- An 80-question survey was distributed to students to learn more about their lifestyle behaviours in the following areas:
 - Nutrition
 - Physical activity
 - Smoking, including tobacco and vaping
 - Substance use, including alcohol
 - Sexual health
 - Sleep
 - Oral hygiene

REQUESTS FOR DATA AND REPORTS FROM EOHU MANAGERS AND THE COMMUNITY

- Self-harm situation
- Opioids and other drugs
- Concussions
- Chlamydia
- Family income
- Lone parent families
- Socio-demographics
- Number and percentage of children who underwent vision screening
- Live births
- Injury Prevention
- Injury ER visits
- Sleep
- Cancer rates
- Pregnancy
- BFI analysis
- Routine flu maps and weekly flu reports





SOCIAL DETERMINANTS OF HEALTH (SDOH)

In 2018, the EOHU's two SDOH nurses worked with various community committees and a variety of partners on community development and to reduce health inequities.

STORMONT, DUNDAS AND GLENGARRY (SD&G)

- Vibrant Community Roundtable: Key partner in setting up the Roundtable in partnership with Tamarac, the Social Development Council of Cornwall & Area, and local SD&G municipal leaders
- Linking Hands: Community partner
- Employability Network: Community partner
- Poverty Working Group: Community partner
- Ontario Disability Support Program (ODSP) assessment of need: Assessment of ability of the community to support ODSP clients with their applications

PRESCOTT-RUSSELL

- Hawkesbury Poverty Roundtable: Key partner involved in establishing this committee
- Green Food Box Hawkesbury: Key program organizer
- International Girl's Day: Key organizing partner

CAMPAIGNS

- Cent\$less campaign for food insecurity: EOHU area residents were asked to forward letters to the MPP candidates during the provincial election campaign. Our region represented 12% of letters sent in the province despite the small percentage our area makes up of the total Ontario population.

HEALTH EQUITY IMPACT ASSESSMENT (HEIA)

- Tobacco team
- EOHU LGBTQ committee

PLANNING AND EVALUATION

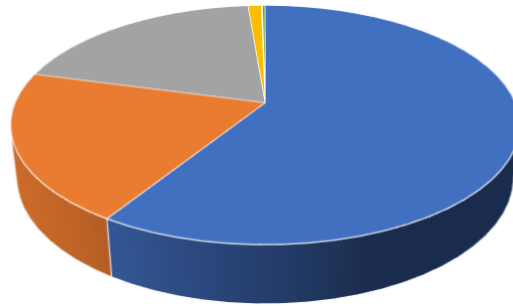
- YAC Survey:
 - Survey was planned, developed, and went through ethics review in 2018. It was launched in 2019.
- Client Centered Care Tool (CCCT):
 - Launched the CCCT to evaluate our clients' experience with EOHU services.





2018 REVENUES AND EXPENDITURES

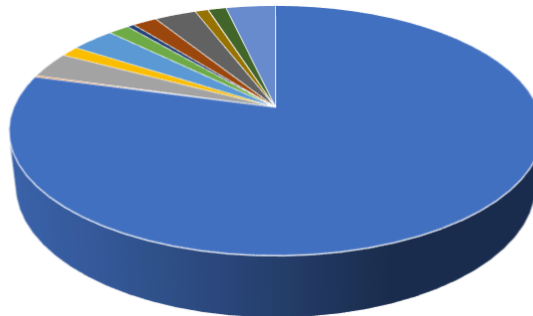
REVENUE



- Provincial Funding
- Municipal Funding
- Other Provincial Funding
- Recoveries
- Interest
- Other

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|--------------------------|--------|
| Provincial Funding | 58.94% |
| Municipal Funding | 20.22% |
| Other Provincial Funding | 19.54% |
| Recoveries | 1.02% |
| Interest | 0.07% |
| Other | 0.21% |

EXPENDITURES



- Salaries and Benefits
- Materials and Supplies
- Training
- Telecommunications
- Capital Expenditures
- Board and Corporate
- Equipment
- Travel
- Interest and Bank Charges
- Occupancy Cost
- Administrative
- Purchased Services
- Office Supplies

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|---------------------------|--------|
| Salaries and Benefits | 79.26% |
| Board and Corporate | 0.20% |
| Occupancy Cost | 3.34% |
| Materials and Supplies | 1.35% |
| Equipment | 3.17% |
| Administrative | 1.51% |
| Training | 0.51% |
| Travel | 1.77% |
| Purchased Services | 3.02% |
| Telecommunications | 0.94% |
| Interest and Bank Charges | 0.03% |
| Office Supplies | 1.30% |
| Capital Expenditures | 3.60% |

