

PUBLIC HEALTH IN PETERBOROUGH

As champions of health for all, the Peterborough Public Health works with individuals, families, agencies and communities to promote and protect health and to prevent disease and injury. We offer a wide range of programs and services, including:



Health protection

Safe food inspection, safe water monitoring, rabies education and investigation, health hazard investigation and environmental issues.



Community health and well-being

Focus on upstream collaborative efforts to create safe and supportive environments that promote health and encourage people to make the healthiest choices possible as they grow and age.



Parenting, child and family health

Prenatal education, home visiting programs, parenting programs child development and screening, dental screening and preventive supports for school children and children of low-income families.



Infectious disease control and immunization

School immunization programs, vaccine and clinics, communicable disease monitoring and sexual health counseling and clinics.



Health equity for everyone

Strategies to address the social factors (income, employment, housing, education, etc.) that are barriers to positive health outcomes for people, particularly vulnerable populations.

FOR MORE INFORMATION...

To learn more about any of the issues in this resource, please visit our website at: www.peterboroughpublichealth.ca, or contact 705-743-1000.

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Let's Make HEALTH A Priority 2018

A healthy population is the key to productive, vibrant and economically strong communities in Peterborough.

Decisions made by our municipal government impact all aspects of our lives. Many of these decisions play an important role in promoting and protecting our health.

Active communities, a clean environment, and ensuring health for all people regardless of background or income level are key considerations in municipal decision-making.

During the 2018 municipal election campaign, let's make health a priority and encourage local government actions, programs and policies that reduce preventable illness and death and improve overall health in Curve Lake and Hiawatha First Nations, the City of Peterborough and municipalities across the County of Peterborough.



HEALTH ISSUES AND ACTIONS FOR MUNICIPAL GOVERNMENT

OPIOIDS

- ❑ Support the provision of health promotion and harm reduction services such as overdose prevention sites.
- ❑ Collaborate with local stakeholders to monitor and respond to the local needs

POVERTY

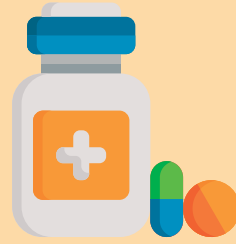
- ❑ Support locally conceived poverty reduction initiatives.
- ❑ Support economic development strategies that will attract full time jobs that pay a living wage.
- ❑ Advocate for provincial policies that improve social assistance rates, minimum wage levels, affordable housing, childcare, and public transit.

ALCOHOL, TOBACCO and CANNABIS

- ❑ Establish local policies that minimize harm by limiting outlet density and the availability of substances at public events and venues.
- ❑ Advocate for the creation of provincial harm reduction strategies specific to alcohol and cannabis.

ORAL HEALTH

- ❑ Advocate for amendments to provincial legislation that supports community water fluoridation within all municipal water supplies.
- ❑ Advocate for the expansion of provincially funded access to oral health care for institutionalized and low income seniors and adults, including the working poor.



The misuse of prescription and illicit opioids can have devastating health and social effects on individuals, families and communities. Since 2003 opioid poisoning emergency visit rates in Peterborough have increased significantly .

People living on low incomes find that, after paying for rent and utilities, there is not enough money to buy nourishing food. In Peterborough, 1 in 2 female lone parent families experience food insecurity.



Lower income = Higher health risks



Income is the biggest determinant of a person's health and quality of life. Those living on low income often have higher rates of chronic diseases and are more likely to die early than those who are better off financially. Reducing poverty builds our economy and gives more people the opportunity to make meaningful contributions to society.

Shelter is a basic need for optimal health. Being homeless or living in unaffordable, inadequate and unsafe housing can lead to increased illness, poor mental health and premature death. Making housing affordable enables residents to have funds available to spend in their communities, which contributes to local economic growth.



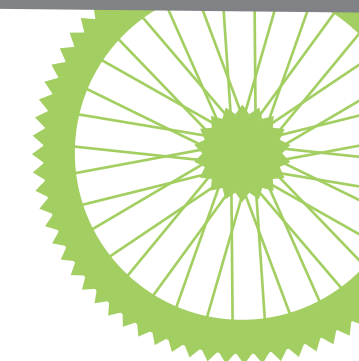
Drinking alcohol can cause injuries and a broad range of chronic diseases and social harms. The brain is still developing until the mid-20's. Frequent cannabis use is related to deficits in learning, impulse control and mental health.

An adequate amount of preserved natural spaces supports biodiversity and ensures a healthy ecosystem that sustains everyone. Natural spaces help children to build their gross motor skills and interact socially. There is a positive relationship between levels of streetscape greenery and residents' perception of overall mental health status.



Oral health is one important facet of maintaining lifelong overall health and well-being. Barriers to good oral health include not having access to dental care (due to cost or lack of dental insurance) and living in a community without community water fluoridation.

Complete and compact community design that provides access to walking, cycling and public transit enables residents to be physically active. Increased physical activity associated with the school journey has been found to increase student alertness and attention during the school day.



FOOD SECURITY

- ❑ Endorsement of the Peterborough Food Charter.
- ❑ Become engaged in the creation of a local food security strategy.

HOUSING

- ❑ Build inclusive neighbourhoods, planned and designed to increase resident safety, connectedness and well-being.
- ❑ Provide a range of affordable, high quality housing options, including rental accommodation, to meet your community's needs.

HEALTHY NATURAL ENVIRONMENTS

- ❑ Ensure greater quantity and quality of green and open spaces including environmentally sensitive areas.
- ❑ Implement initiatives to improve air quality such as a tree conservation bylaw or retrofitting of municipal buildings to be more energy efficient.
- ❑ Ensure that green and open spaces are accessible for all ages and abilities.

COMMUNITY DESIGN

- ❑ Enable walkability for every age and ability level in all neighbourhoods.
- ❑ Allocate funding for active, inclusive and safe transportation infrastructure and public transit in the municipal budget.
- ❑ Ensure community engagement opportunities are designed to be inclusive and welcoming to those most affected by poverty.