



# Peterborough Public Health

Serving the residents of **Curve Lake** and **Hiawatha First Nations**,  
and the **County** and **City of Peterborough**



## GREETINGS from the Medical Officer of Health

### Rosana Salvaterra, MD, CCFP, MSC, FRCPC

Welcome to this exciting overview of the progress made in local public health in 2018! While the contents of this report reflect our 2018 achievements, it is being shared at a time when the future of Peterborough Public Health is uncertain. In April 2019, the Ontario government announced its intent to restructure existing local public health agencies into ten new regional entities and significantly cut funding to our sector by \$200 million. Municipalities will be expected to step in, responsible for a greater share of the local public health budget.



Against this backdrop of profound change, our 2018 Annual Report serves as a powerful showcase of the impressive public health outcomes that can be accomplished when local boards of health work hand in hand with the communities they serve. This report also highlights the increasingly complex public health challenges facing our community that require more resources and coordination across sectors. Not only does the opioid crisis continue to take a devastating toll on local families, other issues such as climate change, food insecurity and precarious employment pose longer term health risks to local residents. Much work remains to be done.

We are grateful to our many partners who work side by side with us to develop effective, evidence-based solutions that take into account the unique characteristics of Peterborough County, the City of Peterborough, and Curve Lake and Hiawatha First Nations. It is these working relationships, combined with the action by municipal leaders and champions, which allows us to co-design the health-inducing environments of the future. These need to be environments where even the most vulnerable residents can thrive. Peterborough Public Health remains committed to promoting and protecting the health of our communities and residents as we navigate these transitional times whatever future version of local public health unfolds in Ontario.

I am extremely proud of our staff who bring their expertise, dedication and empathy to their public health roles each and every day. Often their work is invisible, but it remains absolutely vital to the health and future success of our community. The results of their work can be seen in the child who performed better at school thanks to a student breakfast program, in the restaurant patron who didn't fall ill thanks to an inspected kitchen, in the young person who didn't start smoking, or in the family who didn't contract an infectious disease thanks to being immunized. This prevention work saves our healthcare system \$14 for every dollar invested. It's a proud and powerful legacy that 2018 represented the culmination of 130 years of local public health for the board of health for Peterborough.

It has been a tremendous privilege and honour for me to serve as your Medical Officer of Health.

## GREETINGS from the Board of Health Chair

### Councillor Henry Clarke, City of Peterborough (Monaghan Ward)

It gives me great pleasure to share this bird's eye view of the many ways Peterborough Public Health kept our community safe and strong during 2018. Within these pages you'll discover the common theme that links these programs and services: that when we all work together to improve public health, amazing things can be accomplished - especially for those who most need our support.



Working together with local partners is what makes public health so successful, not only in delivering programs, but in driving policy change. All healthy public policies begin at the municipal level because communities have the ability to mobilize quickly to avoid negative public health outcomes when hazards are identified. When local interventions prove effective, then they typically catch on at the provincial level for the benefit of larger populations. Maintaining strong representation and accountability to municipalities and First Nations is core to public health's strength.

This is why Peterborough Public Health's submissions to the Official Plans of both the City and County of Peterborough in 2018 were so important. Designing health public policy is a fundamental tool in improving public health. Evidence clearly shows that people make healthy choices when the environment makes it easier for them to act in healthy ways, as opposed to relying on individual self-discipline to avoid unhealthy behaviours. It is an honour to serve on the Board of Health as it approaches its 130<sup>th</sup> year of service for local residents. As this report reflects, Peterborough Public Health's collaborative and science-based approach has played a key role creating the quality of life we enjoy today. It will help us address many of the most critical issues facing our community in the future.

## 2018 BOARD OF HEALTH MEMBERS

**Chair:** Councillor Henry Clarke, *City of Peterborough (Monaghan Ward)*

**Vice-Chair:** Councillor Kathryn Wilson, *Hiawatha First Nation*

### Members at Large:

Councillor Gary Baldwin, *City of Peterborough (Ashburnham Ward)*

Gregory Connolley, *Provincial Appointee*

Kerri Davies, *Provincial Appointee*

Deputy Mayor John Fallis, *Township of Cavan Monaghan*

Councillor Lesley Parnell, *City of Peterborough (Otonabee Ward)*

Catherine Praamsma, *Provincial Appointee*

Andy Sharpe, *Provincial Appointee*

Mayor Mary Smith, *Township of Selwyn*

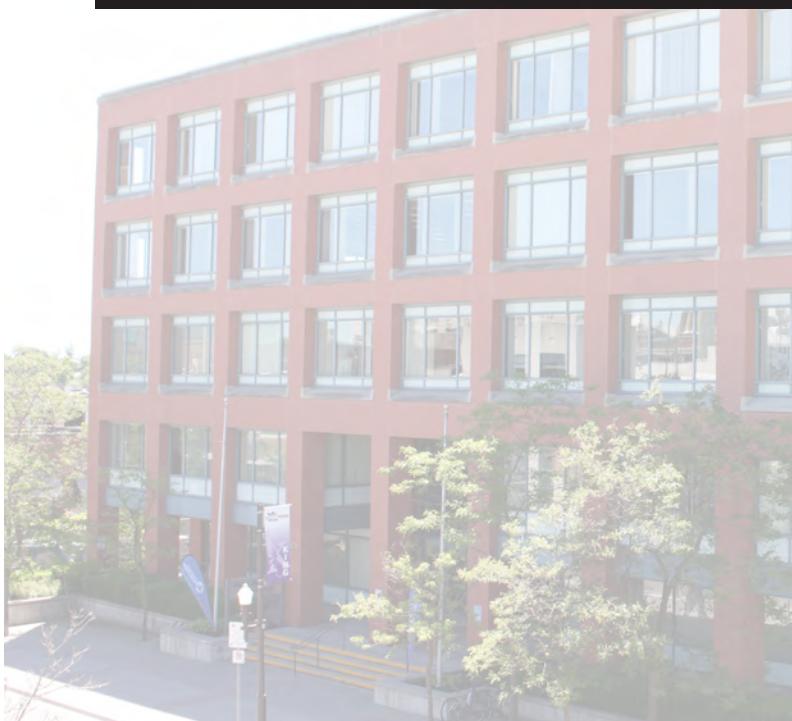
Michael Williams, *Provincial Appointee*

Chief Phyllis Williams, *Curve Lake First Nation*

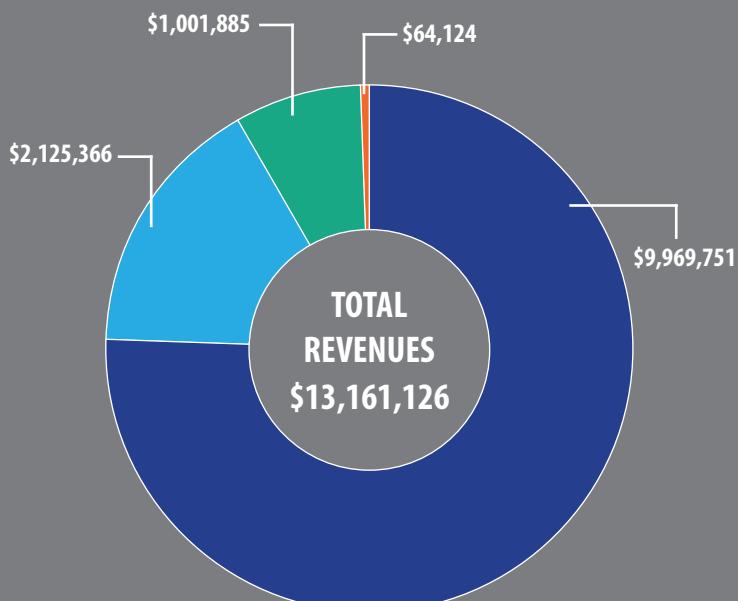
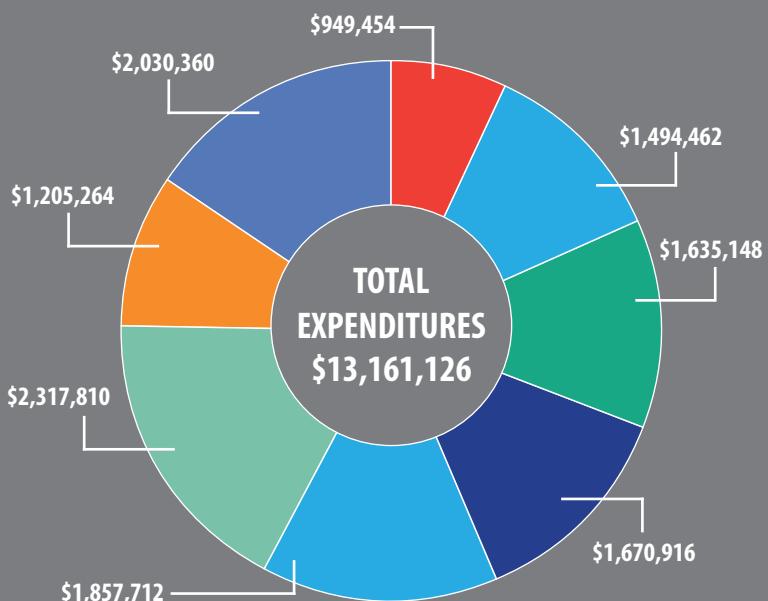
Mayor Rick Woodcock, *Township of North Kawartha*



**THE BOARD OF HEALTH FOR PETERBOROUGH PUBLIC HEALTH (2018):**  
Back Row (L to R): Mr. Gregory Connolley, Deputy Mayor John Fallis, Mr. Michael Williams, Councillor Gary Baldwin  
Middle Row (L to R): Mayor Mary Smith, Councillor Lesley Parnell, Ms. Kerri Davies, Dr. Rosana Salvaterra (Medical Officer of Health),  
Mayor Rick Woodcock  
Front Row (L to R): Chief Phyllis Williams, Councillor Henry Clarke (Chair), Councillor Kathryn Wilson (Vice-Chair), Mr. Andy Sharpe  
Absent: Ms. Catherine Praamsma



## 2018 FINANCIAL SUMMARY



This financial information is based on PPH's 2018 audited consolidated financial statements.  
The full financial statements are available on [www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca).

## Designing Public Health Through Official Plans

2018 saw lots of public health involvement with municipal Official Plan reviews as both the City and County are in midst of a detailed review of these important policy documents. Official Plans are comprehensive plans that guide the design, growth and sustainability of our local communities. It's well known that the increase in sprawling built environments coincides with a dramatic rise in incidence of chronic diseases and conditions. Ontario residents face high rates of cardiovascular diseases, diabetes, and cancer while physical activity levels and nutritious food consumption are much lower than what is recommended. These conditions and behaviours are exacerbated by compounding social issues, such as poverty, unaffordable housing, and food and income insecurity. To address these challenges and support better public health, PPH offered submissions to the Official Plan based on the latest scientific evidence. Both submissions centred on healthy community design, transportation systems, housing, food systems, and natural environments. To read the submission to the City of Peterborough [click here](#), and for the County of Peterborough [click here](#).





Healthy  
Community  
Design

## Did you know?

- Almost **34,000 new residents** are projected to move to the **City of Peterborough before 2041**.
- The top **leading causes of death** in the Peterborough area are cancer, circulatory diseases, respiratory diseases, and unintentional injuries, **representing 72% of all deaths**.
- **66% of residents** across Peterborough report a strong or somewhat strong **sense of community belonging**. This has **decreased 10% since 2003**.
- **75% of City and County residents selected walking** as their **most likely form of exercise** in the last three months.
- For City residents, as income decreases the use of active modes of travel increases.
- **11% of City residents** report using **active transportation** as their **transportation choice** to get to work.
- When vehicles **travel at speeds of 50 km/h or greater** there is an **80% fatality rate** for **cyclists and pedestrians if a collision occurs**.
- **30% of greenhouse gas emissions** in the **City of Peterborough** come from the **transportation sector**.
- **19% of City of Peterborough residents**, and **10% of County of Peterborough residents**, live in low-income households.
- A “Point in Time Count” in March 2018 identified **259 people** who were **experiencing homelessness in Peterborough** at that time. Of those, **58% experienced homelessness before the age of 25 years**, and **27% identified as Indigenous**.
- Local families are **spending one-third of yearly food expenditures** on food purchased **from restaurants**, while **only 16%** of the average local household’s food expenditures is **spent on vegetables and fruit**.
- **By the year 2050, heat waves** affecting the Peterborough area are **projected to increase by almost six times** when **compared to** the amount of heat waves that happened **between 1971 and 2000**.

All sources for the data listed above are available in the  
*Health in Official Plans: A Tool Kit – 2018 Submission to the City of Peterborough Official Plan Review*  
and the  
*Health in Official Plans: A Tool Kit – 2018 Submission to the County of Peterborough Official Plan Review*.

## Getting Ready for the Legalization of Cannabis

PPH staff focused much attention on preparing for the legalization of cannabis on October 17, 2018 to ensure residents and municipal councils had the information they needed about this significant change to substance use policy in Canada. Cannabis use affects many aspects of public health, and is known to carry health risks for some groups while offering possible therapeutic benefits to others. Risks associated with cannabis use increase with frequency, length of use and age of initiation, and there are specific risks for young people and women who are pregnant or breastfeeding.

As the details of Ontario's system for managing access to cannabis evolved during 2018, PPH leaders visited municipal councils with a presentation about the current science and best practices on cannabis-related policies. They also explained the changes to the Smoke-Free Ontario Act, and offered their expertise as councils decided how to approach the one-time window to opt out of permitting cannabis retail stores.

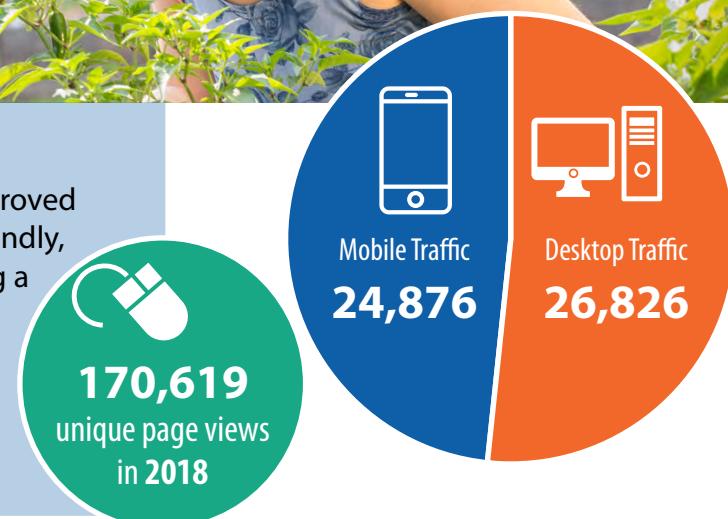
Staff also coordinated efforts with other partners to support a harm reduction approach as much as possible. New resources were sourced or developed in-house to address cannabis use and pregnancy/breastfeeding, helping parents talk with their kids about cannabis, and supporting healthcare workers talk to their patients about low-risk cannabis use guidelines. Tailored presentations were delivered to key community groups and substance use prevention programming was implemented in local high schools. PPH staff developed a local health promotion campaign using radio commercials, social media and the new website to let the community know we're here to help.

PPH also increased its surveillance and monitoring of cannabis use and perceptions in the community in 2018. This information will be vital in guiding future public health programs.



## PPH Launches New Website

In May 2018, PPH [launched](#) its new and much-improved website. The revamped site is not only mobile-friendly, but meets provincial accessibility standards. Using a simpler, easy-to-navigate layout, visitors can now quickly find inspection reports, and learn more about public health programs and services. By the end of the year, the new website garnered 170,619 unique page views!



## How Does Precarious Employment Affect Our Health?

This is the question that the Precarious Employment Research Initiative (PERI) set out to answer in 2018. PPH was a proud member of this community-wide collaborative that conducted a phone survey of 800 residents in the fall of 2016. PERI released the results in a series of five InfoBriefs throughout 2018, with three more coming in 2019, culminating in a one-day conference on November 6.

The study found that almost two-thirds of local workers were identified as having vulnerable or precarious employment and that these workers were more likely to report poor health. While every age group was impacted, individuals 25 years of age and under and over 55 were more likely to be in vulnerable or precarious employment conditions. The PERI study generated solid evidence that showed how employment and working conditions impact the economic, social, physical and mental health of workers and their communities in the Peterborough area. The InfoBriefs started conversations in our community that will help inform planning and development of programs and services, and shape public policies.

To find the InfoBriefs and PERI conference proceedings, please visit:  
[www.peterboroughpublichealth.ca/peri](http://www.peterboroughpublichealth.ca/peri).

## Radon Education Sessions for Cancer Prevention

In late 2018, PPH hosted four free radon education sessions in the County and City of Peterborough.

Radon is a colourless, odourless radioactive gas found naturally in the environment, and is the second-leading cause of lung cancer in Ontario. Public Health Inspector Wanda Tonus shared the current research on radon gas, described health risks, and explained how to detect and prevent it in homes. Over 65 people attended, and there was strong engagement on social media to raise awareness. Participants also received a free kit to test their homes.



**290** health hazards investigated



**100%** of high-risk food premises inspected every four months



**1,465** inspections of food premises throughout City and County



**22** beaches tested regularly in the summer



**2,039** participants earned their safe food handler certificates



**2** frostbite alerts issued & **3** heat warnings issued



**178** public facility inspections (seasonal & year round pools, wading pools, splash pads, spas)



**333** animal bites investigated



**94** food complaints investigated



**793** pets vaccinated during April 28 low-cost rabies clinics



## Two Local Bats Test Positive for Rabies

PPH confirmed that two local bats found within the City of Peterborough tested positive for rabies. There were 31 rabid bats in Ontario in 2018, including the two in Peterborough. Rabies is a disease of the central nervous system that affects humans and other mammals. While rare, when humans develop rabies from infected animals it is often fatal. To prevent the spread of rabies, PPH encourages pet vaccination along with avoiding contact with bats and other animals known to carry rabies. PPH hosted its annual low-cost rabies vaccination clinics throughout the City and County on April 28 in partnership with local veterinarians.

# Reducing Harm by Expanding Naloxone Kit Distribution and Needle Drop Box Locations

In partnership with a number of local organizations, PPH announced **two new community sites** for accessing naloxone, and added **four new needle drop box locations**.

Naloxone is a safe lifesaving medication that can temporarily reverse an opioid overdose, buying time until first responders can assist. The kits are free to anyone, and are especially helpful to those currently taking opioids, along with their family and friends. Needle exchange programs decrease the spread of illness and connect people who use drugs with health professionals. Needle drop boxes support safe disposal, a map showing the location of these boxes in the City of Peterborough can be found [here](#). Community partners organized the expansion of naloxone kit distribution and needle exchange programs in response to the worsening opioid crisis affecting local residents.

**Peterborough Overdose Prevention Program**

**Save a Life with Naloxone**

FREE Kits available - click the link for a location nearest you  
[www.ontario.ca/page/where-get-free-naloxone-kit](http://www.ontario.ca/page/where-get-free-naloxone-kit)



**429** individuals trained and **101** retrained in administering naloxone in collaboration with other community partners



**602** naloxone kits distributed to eligible participants



**136** vendors inspected for Smoke-Free Ontario Act display/promotion compliance



**96,298** vaccine doses distributed to healthcare providers to immunize their patients



**745** confirmed cases of sexually-transmitted & blood-borne infections managed by PPH



**52** outbreaks investigated



**19,838** condoms distributed



**204** personal service settings were inspected for infection control



**79%** of students (in kindergarten - born in 2010 or later) were compliant with the Immunization of School Pupils Act

**92%** of students (in elementary & secondary schools - born in 2009 or older) were compliant with the Immunization of School Pupils Act

## Influenza Activity High in First Half of 2018

In early January 2018, the Medical Officer of Health declared a **community-wide influenza outbreak**, and the influenza season remained severe until late April. Influenza A is often the first strain to peak, followed by the B strain, however in 2018 both circulated simultaneously – and late into the year. As of April 9 there were 22 influenza outbreaks in local long-term care facilities, compared to only seven the year prior. PPH distributed 50,770 doses of flu vaccine through local pharmacies and health care providers, and widely promoted hand hygiene and other prevention methods throughout the community.

## More Active Living, Less Screens for Kids

Upwards of 200 students from Queen Elizabeth Public School joined Mayor Daryl Bennett as he declared the weeks of April 30-May 13 "Screen-Free Weeks" in the City of Peterborough. In honour of Screen-Free Week, the school held a special "Loose Parts Play Day" designed to encourage healthy and active living as part of their curriculum and daily lives. An initiative led by the Healthy Kids Community Challenge, this program strives to create communities where it is easy for children to lead healthier, active lives.



**October 16, 2018**  
Grand opening of new  
Community Dental Health  
Clinic at Jackson Square



**955** client visits to families by Infant  
Toddler Development Program staff



**133** calls to  
Family HEALTHline



**2,601** appointments at the  
Community Dental Health Centre



**249** clients assisted through  
Dental Treatment Assistance Fund



**1,673** client visits to families by  
Healthy Babies Healthy Children staff



**26** expectant parents  
attended prenatal education  
for young parents



**4,236** students screened  
by our Oral Health team in  
the 2017-18 academic year



**386** expectant parents  
attended prenatal education



## "Latch On" Event Rallied Local Breastfeeding Mothers

PPH celebrated World Breastfeeding Week with the Peterborough Breastfeeding Coalition's annual "Latch On" event. This event encourages nursing women to "latch on" at the same moment as part of a global challenge. On September 29 at the Silver Bean Café in Peterborough, 33 mothers and babies latched on. Breastfeeding is important as it provides children with nutritional, emotional, immunological, anti-allergenic, and developmental benefits for as long as a child is breastfed; and has lasting effects even into adulthood. It isn't just good for babies, it also supports maternal health as women who breastfeed experience lower rates of breast and ovarian cancers. This annual event shows families how much the community supports them and that breastfeeding in public is a normal part of life.

## Can Local Residents Living on Low Incomes Afford to Eat?

In May 2018, PPH staff priced the Nutritious Food Basket (NFB). The NFB is Ontario's standardized food costing tool used by local public health agencies to measure the cost of healthy eating, based on Canada's Food Guide. The food costs are recorded according to the lowest available price at the grocery store. We found that the cost of feeding a family of four in Peterborough was \$898 in May 2018. That represents 11% of an average family's income. In contrast, that cost also represents 25% of the income of a family supported by a minimum wage earner, or 35% of the income for a family receiving Ontario Works. Developing this annual report is an important step to understanding the barriers faced by low income families in our community.



**7** Collective Kitchens in City and **3** in the County



**41** Come Cook With Us series totalling **166** classes



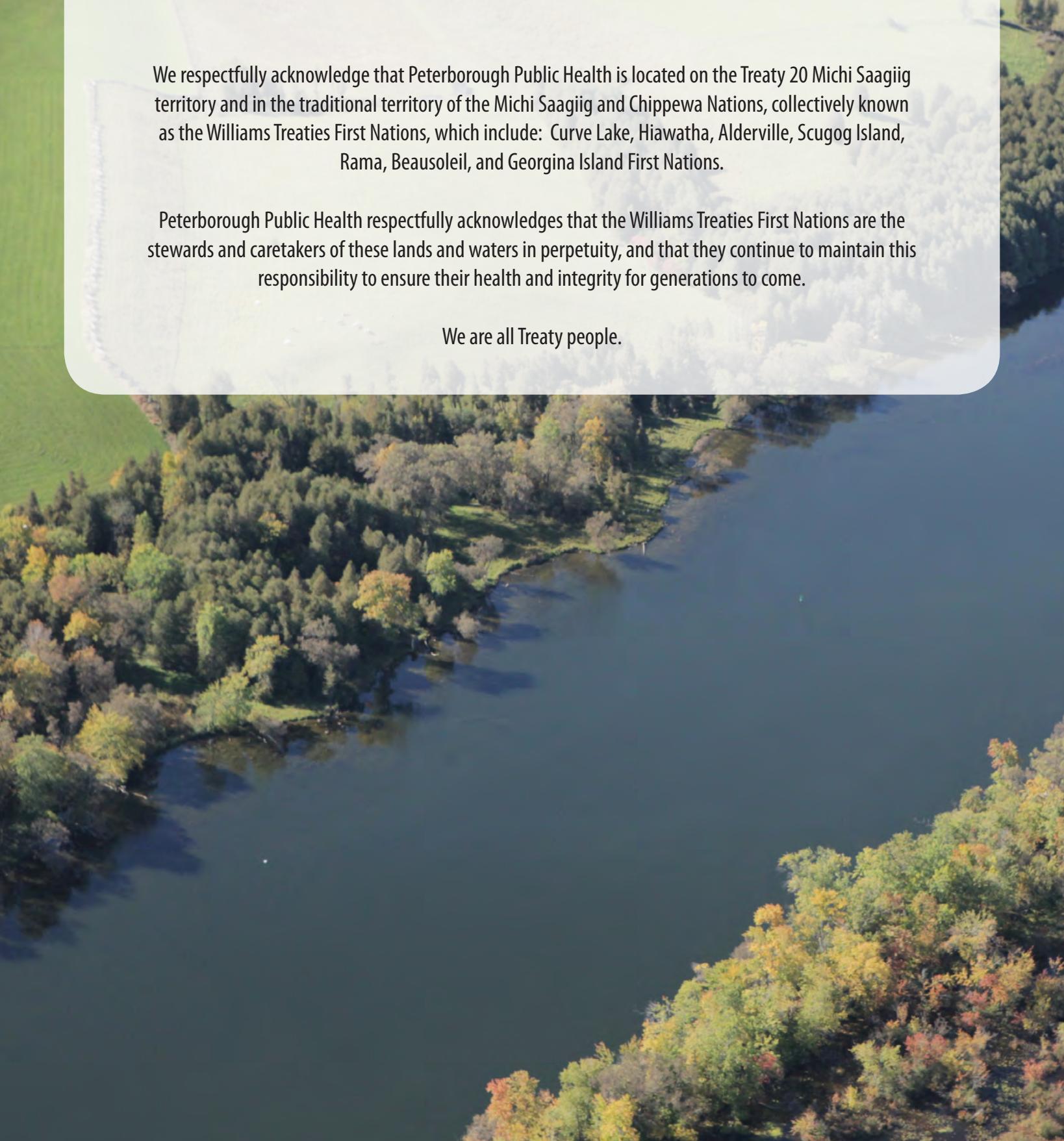
**3,173** Just Food Boxes delivered in partnership with the YWCA



## FOOD: Too Good to Waste

PPH hosted a free [event](#) on September 27 in partnership with other local organizations to explore how wasted food affects community health, the economy, and the environment. Attendees learned that 47% of all food produced is thrown out at home in the form of uneaten leftovers, untouched produce, or was simply 'bought and forgot'. Together with local food waste experts, the group discussed realistic solutions such as composting, waste audits, everyday household waste reduction practices, and sustainable waste management.

Dr. Salvaterra wrote about the importance of addressing food waste in August 2018 as part of her monthly blog. To read it, and her other blog entries throughout the year, [click here](#).



We respectfully acknowledge that Peterborough Public Health is located on the Treaty 20 Michi Saagiig territory and in the traditional territory of the Michi Saagiig and Chippewa Nations, collectively known as the Williams Treaties First Nations, which include: Curve Lake, Hiawatha, Alderville, Scugog Island, Rama, Beausoleil, and Georgina Island First Nations.

Peterborough Public Health respectfully acknowledges that the Williams Treaties First Nations are the stewards and caretakers of these lands and waters in perpetuity, and that they continue to maintain this responsibility to ensure their health and integrity for generations to come.

We are all Treaty people.



**Peterborough  
Public Health**

---

Serving the residents of **Curve Lake** and **Hiawatha First Nations**, and the **County** and **City of Peterborough**