

TO: Chair and Members of the Board of Health

FROM: Christopher Mackie, Medical Officer of Health

DATE: 2015 May 21

SUMMARY INFORMATION REPORT FOR MAY 2015

Recommendation

It is recommended that Report No. 033-15 re Information Summary Report for May and the attached appendices be received for information.

Key Points

- The Child Health Team is extending the reach of the *Outdoors: The Ultimate Playground* resource to make it more accessible to the community partners and the public.
- The MLHU now has access to the BORN (Better Outcomes Registry Network) information system, which houses anonymous maternal, newborn and infant data based on encounters with hospitals, laboratories, midwifery practice groups and clinical programs.
- The pre-pregnancy planner is a tool that has been developed by the reproductive health team at MLHU that can be used by clients to increase awareness of ways to ensure they have the healthiest pregnancy possible.
- ActiveMiddlesex.ca is a new website intended to improve access to structured and non-structured physical activity opportunities and information within Middlesex County
- A new, easily-accessible disclosure website for inspection-related information of recreational water facilities and personal services settings will be launched in June 2015.

Background

This report provides a summary of information from a number of Health Unit programs. Appendices and links will provide further details, and additional information is available on request.

Outdoors: The Ultimate Playground (OUP)

The Outdoors: The Ultimate Playground (OUP) is a physical activity resource which was originally developed for educators or peer leaders to use with students in Grade 1 through 6. The resource supports Daily Physical Activity with examples of physical activities that can take place outdoors at recess or lunch hours, as well as during regular physical education programming. This kit contains 50 no-prep games, clear descriptions of how they are played, and web site links. In 2013/2014, the OUP resource was distributed to all 141 Public, Catholic, French and Private Elementary schools as well as other community organizations. The resource is used as a tool to increase the number of children engaging in physical activity and increase the potential that children will meet their daily physical activity requirements.

In 2013/2014, the OUP resource was made available online in both English and French, to increase accessibility for its community partners and now caregivers and parents of children Grade 1 to 6. The Health Unit conducted a survey to determine the number of educators and community organizations using the resource and to obtain feedback which would support further changes to the resource if needed. The results of the survey are posted on the [Health Unit Website](#). The Child Health Team continues to work with this resource and promote it as an effective, easy, tool to reinforce play-based exercise and promote physical activity within schools.

BORN

The BORN (Better Outcomes Registry Network) Information System houses anonymous maternal, newborn and infant data based on encounters with hospitals, laboratories, midwifery practice groups and clinical programs. It captures all births occurring in Ontario in hospital and at home. MLHU now has access to this timely data on residents of Middlesex-London and comparison data for Ontario and our ‘peer group’ consisting of health unit areas with similar demographic and socioeconomic characteristics. Pregnancy-related conditions and risk factors such as prenatal class attendance, intention to breastfeed, smoking during pregnancy, alcohol and drug exposure, mental health problems, hypertension and gestational diabetes, are included. Birth-related information includes location of birth (e.g., home, hospital), birth attendant (e.g., midwife, physician), labour induction, pain management in labour and type of delivery (e.g., vaginal, assisted vaginal, caesarean section). Characteristics of newborns include gestational age at birth (preterms), multiple births, birthweight, small- and large-for-gestational age, congenital anomalies, and infant feeding at hospital discharge. These data will help us to better identify areas of preconception and reproductive health which may require special attention in our community. And over time we will be able to assess our rate of progress in all areas.

Pre-conception Planner

The Reproductive Health team launched the “Got a Plan” campaign to promote the PrePregnancy Planner. This is an interactive online self-assessment tool to help people in their reproductive years, plan for a healthy pregnancy pre-conceptually. The tool is intended to facilitate discussions with a primary care provider about reproductive planning and give clients information and resources to make positive health changes. To promote the tool a universal digital marketing strategy and the targeted small group presentations, there will be a focus on healthcare provider education through the Healthcare Provider Outreach program. The launch of this campaign coincides with the release of *“SHIFT – Enhancing the Health of Ontarians: A Call to Action for Preconception Health Promotion and Care”*, a report by the Ontario Public Health Association and the “Preconception Healthcare Tool” developed by the Centre for Effective Practice and The Ontario College of Family Physicians.

Active Middlesex Website

The Middlesex Active Communities (MAC) Partnership has initiated a project with the goal to improve access to structured and non-structured physical activity opportunities and information within Middlesex County through the development of a website: “Active Middlesex” - activemiddlesex.ca. The MAC Partnership and this project are results of the international Toronto Charter for Physical Activity endorsement by the Middlesex London Health Unit and, at this time, seven of the eight County municipalities. The overall goal is to increase the physical activity levels among Middlesex County residents. Objectives of this project include housing all County opportunities for active living in a single location and increasing knowledge and awareness of opportunities and their benefits among Middlesex County residents. These are gaps which MAC members identified. We will be seeking support for “Active Middlesex” from County council and each of the municipalities. The Active Middlesex working group is seeking funding for the project through a grant but may require local support for project sustainability. Additional details of this project are in [Appendix A](#).

Web Disclosure of Recreational Water Facility and Personal Service Setting Inspection Data

The Health Unit regularly inspects recreational water facilities and personal services settings (PSSs) as per the Ontario Public Health Standards' (OPHS) requirements. Public Health Inspectors ensure proper infection prevention and control, and safety practices are followed by operators so as to minimize health risks to the public. The June 2015 launch of an easily-accessible disclosure website for inspection-related information will incentivize adoption of best practices in recreational water facilities and personal service settings, enhance working relationships between operators and the Health Unit, enable the health unit to meet the imminent Ministry of Health and Long Term Care's mandatory reporting requirements, and empower the public to make informed decisions as to where they obtain services and where they swim. Additional information about the development of the disclosure program is available in [Appendix B](#).



Christopher Mackie, MD, MHSc, CCFP, FRCPC
Medical Officer of Health