



Choose  
health!

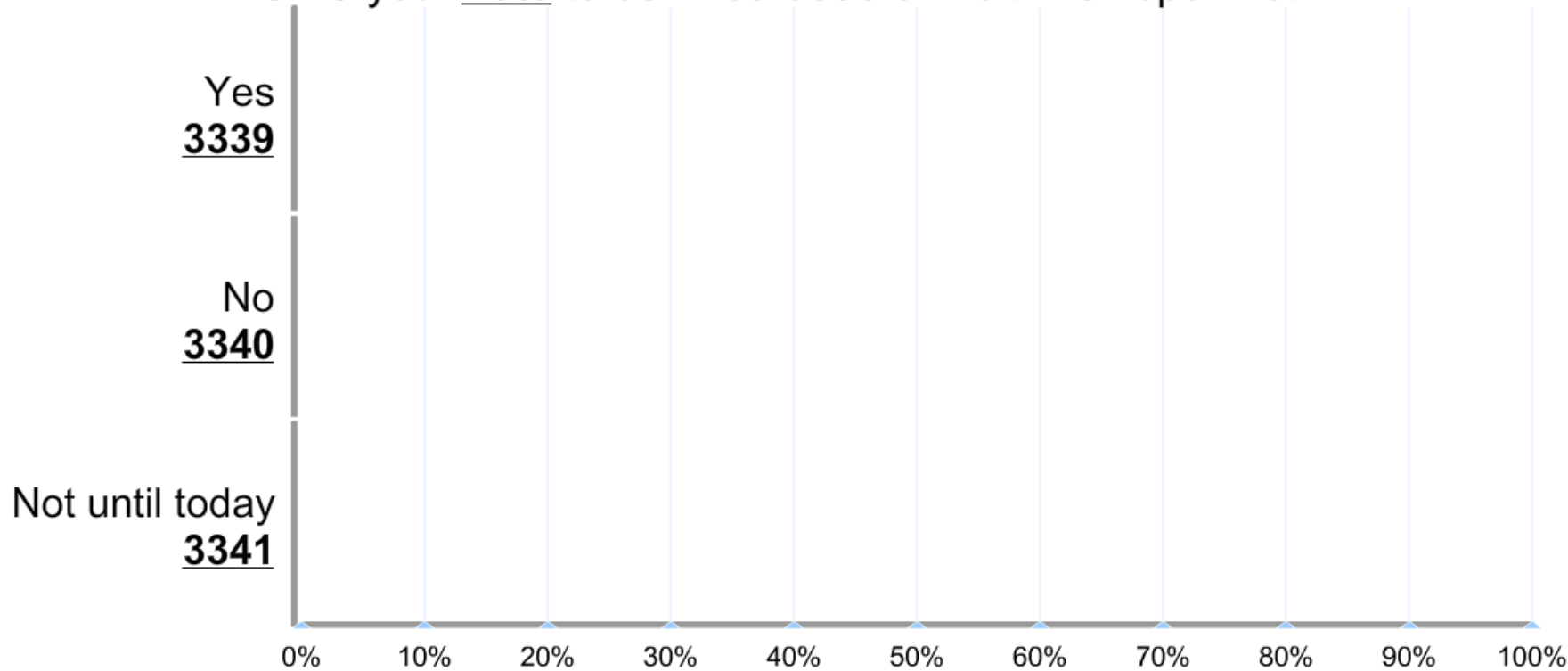
# Ten Great Public Health Achievements of the Twenty-First Century

Middlesex-London Health Unit  
Board of Health

April 2015

# Have you heard of the Ten (or Twelve) Great Public Health Achievements of the 21st Century?

SMS your **vote** to 587 409 6630 or visit [m.smpoll.net](http://m.smpoll.net)



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# Ten Great Public Health Achievements of the Twenty-First Century

1. Emergency Preparedness
2. Tobacco Control
3. School Readiness
4. Eliminate Poverty
5. End the Mental Health Crisis
6. Healthy Weights
7. Reverse Climate Change
8. Eradicate Diseases
9. Find Balance in Local Public Health
10. Enoughness

# Public Health Emergency Preparedness Comes of Age





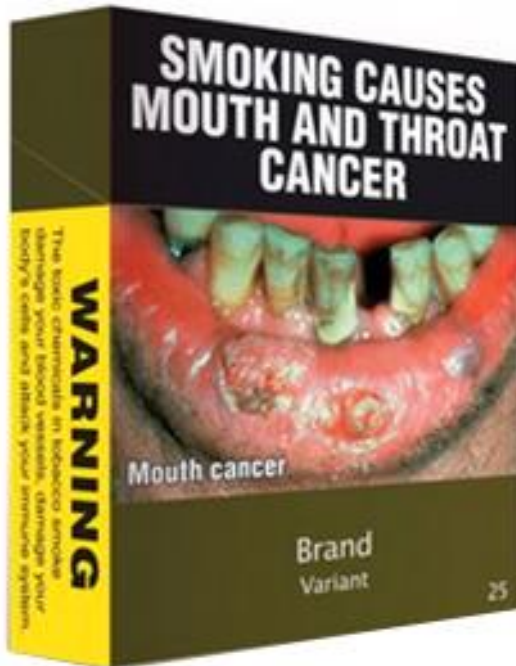
# Public Health Lab Capacity



# Canada Finally Kicks the Habit



# Plain Packaging





# Smoke-Free Spaces Everywhere



# Canada-Wide Lawsuit Funds free NRT

**Nicotine Gum**



**Nicotine Patches**



**Microtabs**



**Lozenges**



**Inhalators**



**Nasal Sprays**



# Identity-Based Social Marketing





# Farmers Grow Healthy Food (no more tobacco)

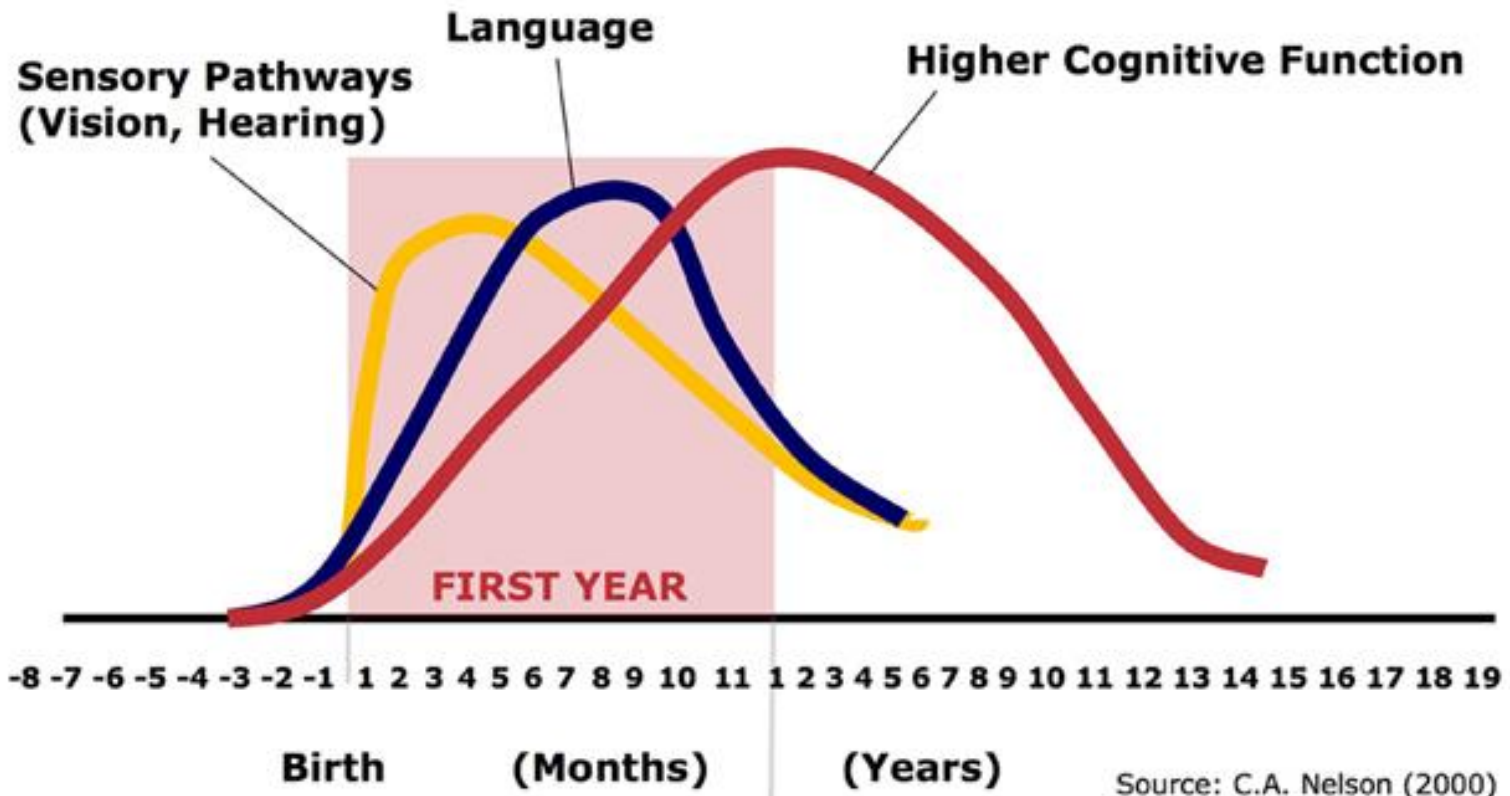


# School Readiness: Early Childhood Development



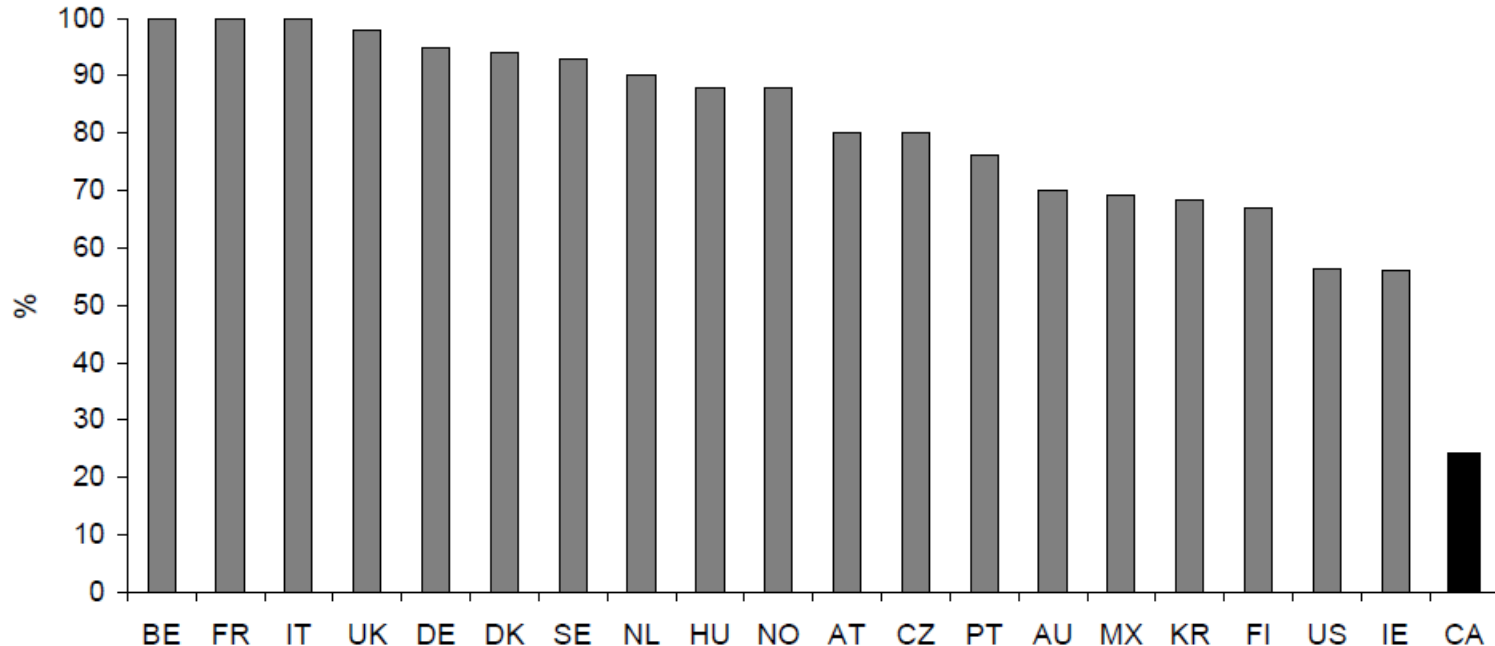


# Brain Development Peaks Before 2 Years of Age



Source: C.A. Nelson (2000)

# Canada Goes to the Top of the OECD Early Childhood Development Rankings (from the bottom)



OECD - 2006

# Poverty is Eliminated.



# Social Enterprise and Living Wage





# High School Graduation Hits 99%





# Enhanced Home Visiting Outreach to Most Vulnerable



# Mental Illness in Ontario

50% greater health burden than cancer



# Stigma





# Acceptance



# CAMH gets funded to the same level as Cancer Care Ontario

And builds strong, community-based mental health  
supports across the province





# Mindfulness is taught in all schools



# Trend Shifts Toward Healthy Weights.



# We Drink More Water and Less Pop



# 1:1 Screen Time to Exercise





# Canada Becomes World's First BFI Nation



# Calorie Counting Apps

**Edit Entry**

Nonfat Greek Strained Yogurt (Fage)

Number of Servings: 1

Serving Size: 1.0 cup (227 g)

**NUTRITIONAL FACTS**

<b>Calories</b>	<b>130</b>
<b>Total Fat (g)</b>	0.0 g
Saturated (g)	0.0 g
Polyunsaturated (g)	N/A
Monounsaturated (g)	N/A
Trans (g)	0.0 g
<b>Cholesterol (mg)</b>	0.0 mg
<b>Sodium (mg)</b>	85.0 mg
<b>Potassium (mg)</b>	0.0 mg
<b>Total Carbs (g)</b>	9.0 g
Dietary Fiber (g)	0.0 g
Sugars (g)	9.0 g
<b>Protein (g)</b>	23.0 g
<b>Vitamin A</b>	0.0%
<b>Vitamin C</b>	0.0%
<b>Calcium</b>	25.0%
<b>Iron</b>	0.0%

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NEWS FRIENDS REQUESTS

**A**

**alexlints** LOST 42 lbs  
Last Login: Yesterday

**andrew668** LOST 9 lbs  
Last Login: Yesterday

**C**

**christian120** LOST 35 lbs  
Last Login: Yesterday

**H**

**hkcheesman** LOST 11 lbs  
Last Login: 11 days ago

**K**

**karin556** LOST 3 lbs  
Last Login: Yesterday

SWITCH TO VERIZON WIRELESS AND GET A \$100 VISA® PREPAID CARD

**xfinity** LEARN MORE

**Diary**

Goal	Food	Exercise	Net	Remaining
1210	1077	285	792	418

**TODAY**

**BREAKFAST 318 CAL**

Nonfat Greek Strained Yogurt 130  
Fage, 1.0 cup (227 g), 130 cal

Strawberries - Raw 49  
1.0 cup, halves, 49 cal

Bread - Whole-wheat, toasted 139  
2.0 slice, 138 cal

**LUNCH 241 CAL**

Guacamole Medium 50  
2.0 Tbsp, 50 cal

Cilantro Lime Vinaigrette Dressing 180  
Nordstrom Cafe, 2.0 TBSP, 180 cal

Jicama Sticks 11  
Raley's, 1.0 oz., 11 cal

**SNACK 120 CAL**

Triscuit Reduced Fat 120

It's not a room. It's a Residence.™ TOUR SUITES

**Residence Inn® Marriott**



Provider name \_\_\_\_\_ Follow up Date \_\_\_\_\_

Individual name \_\_\_\_\_ Motivation \_\_\_\_\_

**Exercise**

Goal \_\_\_\_\_

**Cardio**

Start with \_\_\_\_\_ min \_\_\_\_\_ x/week

Type \_\_\_\_\_

**Strength training**

- Where:  Gym  
 Home routine  
 Group exercise

Focus:

- Balance/function  
 Preserve/grow muscle  
 Rehabilitation

Fitness referral

Where \_\_\_\_\_

**Nutrition**

Goal \_\_\_\_\_

- Focus:  Label reading  
 Heart health  
 Increase protein  
 Meal timing  
 Meal planning  
 Caloric deficit  
 Food diary

**Grocery list:**

\* \_\_\_\_\_ \*

\* \_\_\_\_\_ \*

\* \_\_\_\_\_ \*

\* \_\_\_\_\_ \*

Dietitian referral

Where \_\_\_\_\_



# Climate Returns to Normal.





# Solar Panel Roadways

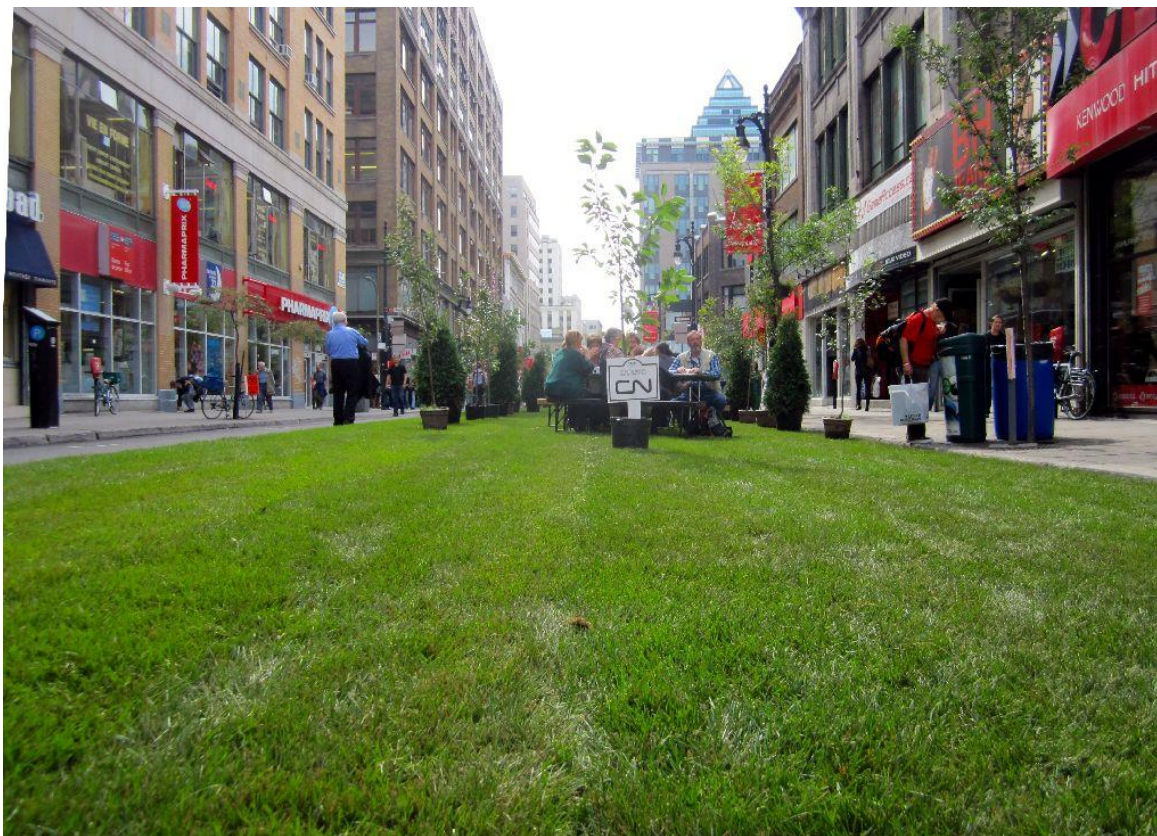


# Forest Preservation Measures

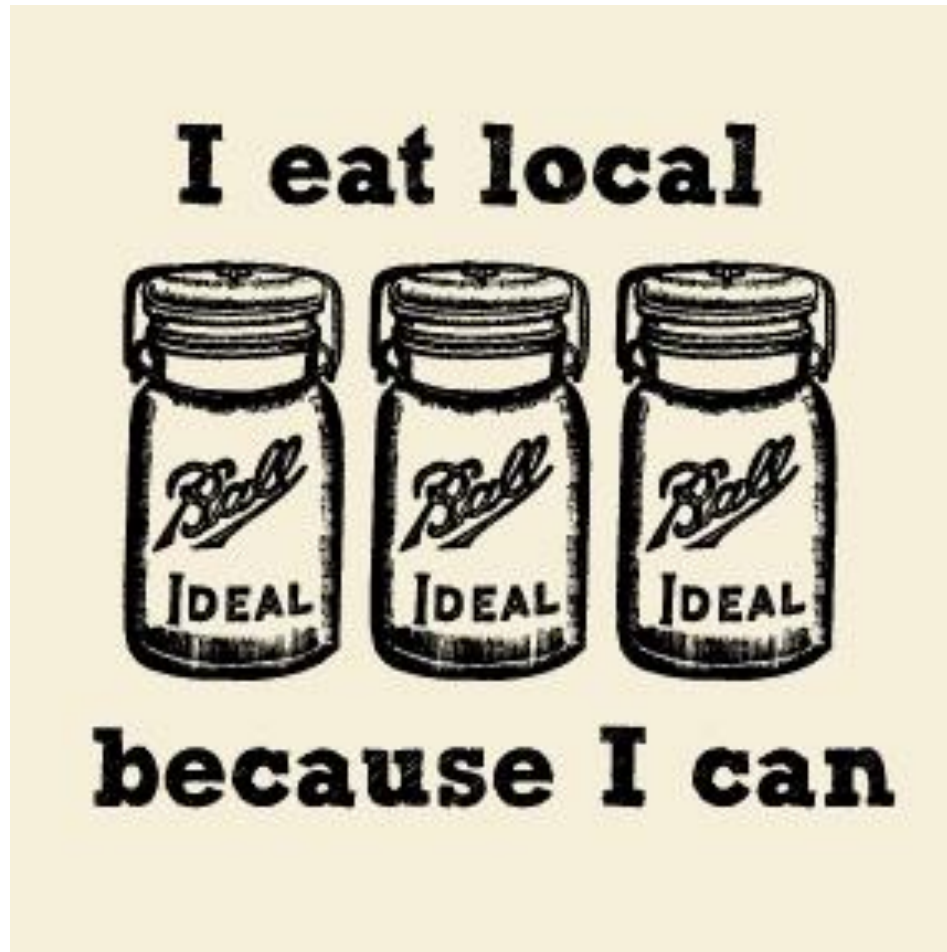




# Car-Free Downtowns



# Eating Local





# Three Diseases are Eradicated: Guinea Worm, Polio, Measles



# Management of Public Health Finds Balance. Independence, Local Needs, System-Level Performance



# Indigenous Conception of Economy Becomes the Dominant Paradigm

<https://www.youtube.com/watch?v=RxPVrr44KHI>

**ENOUGHNESS:**

Restoring Balance to the Economy

# Ten Great Public Health Achievements of the Twenty-First Century

Text to: 587 409 6630

- |                           |      |
|---------------------------|------|
| 1. Emergency Preparedness | 3232 |
| 2. Tobacco Control        | 3233 |
| 3. School Readiness       | 3234 |
| 4. Eliminate Poverty      | 3235 |
| 5. Mental Health          | 3236 |



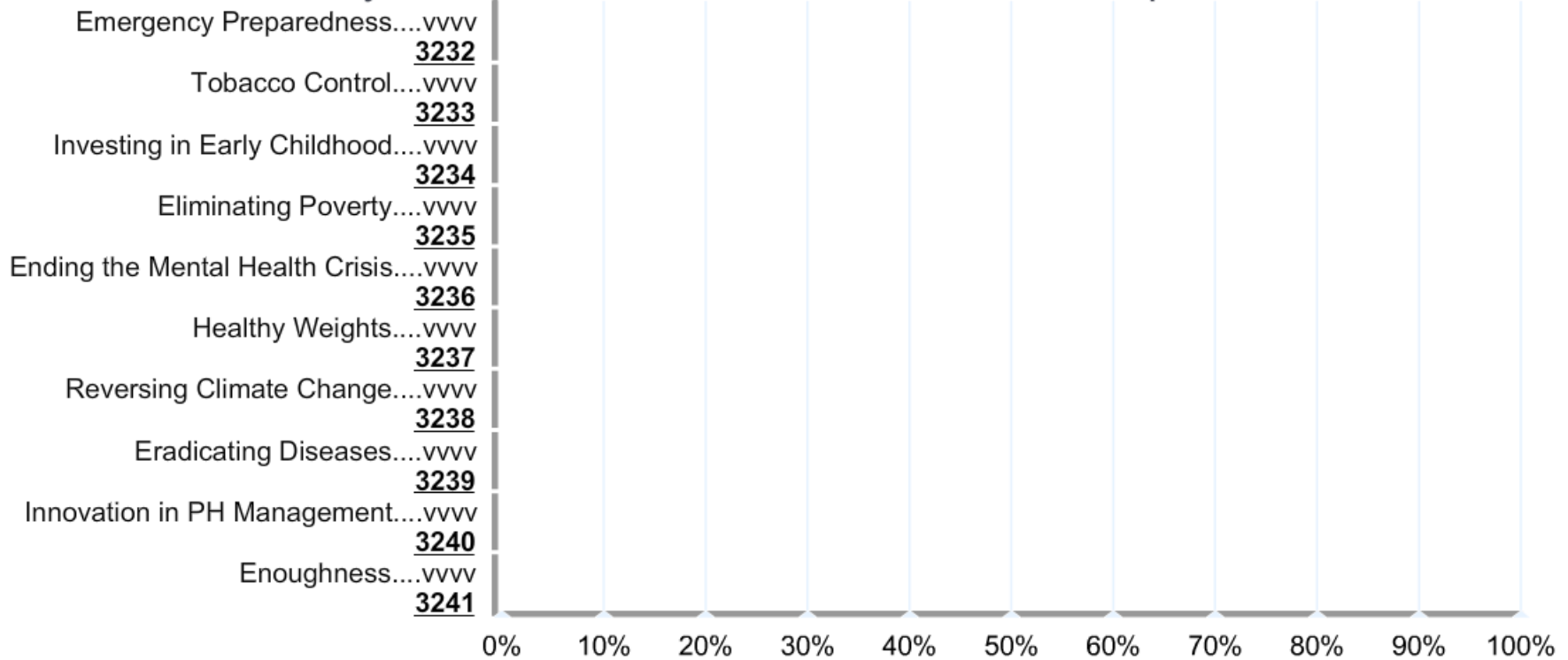
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**Text to: 587 409 6630**

- |                             |      |
|-----------------------------|------|
| 6. Healthy Weights          | 3237 |
| 7. Reverse Climate Change   | 3238 |
| 8. Eradicate Diseases       | 3239 |
| 9. Public Health Management | 3240 |
| 10. Enoughness              | 3241 |

# Which of these achievements do you think is most important? (Pick up to three)

SMS your **vote** to 587 409 6630 or visit [m.smpoll.net](http://m.smpoll.net)



# Ontario Public Health Units: 36 Incubators of Excellence

