

**AGENDA**  
**MIDDLESEX-LONDON BOARD OF HEALTH**

399 RIDOUT STREET NORTH  
SIDE ENTRANCE, (RECESSED DOOR)  
Board of Health Boardroom

Thursday, 7:00 p.m.  
2015 May 21

**MISSION - MIDDLESEX-LONDON BOARD OF HEALTH**

The mission of the Middlesex-London Health Unit is to promote wellness, prevent disease and injury, and protect the public's health through the delivery of public health programs, services and research.

**MEMBERS OF THE BOARD OF HEALTH**

**Mr. Ian Peer (Chair)**  
**Mr. Jesse Helmer (Vice Chair)**  
Ms. Patricia Fulton  
Dr. Trevor Hunter  
Mr. Marcel Meyer  
Ms. Viola Poletes Montgomery  
Ms. Nancy Poole  
Mr. Kurtis Smith  
Mr. Mark Studenny  
Mr. Stephen Turner  
Ms. Joanne Vanderheyden

**SECRETARY-TREASURER**

Dr. Christopher Mackie

**DISCLOSURE OF CONFLICTS OF INTEREST**

**APPROVAL OF AGENDA**

**APPROVAL OF MINUTES**

**BUSINESS ARISING FROM THE MINUTES**

**DELEGATIONS**

7:05 – 7:15 p.m.      Ms. Joanne Vanderheyden, Committee Member, re: Item #1 - Finance and Facilities Committee Meeting May 7<sup>th</sup>

7:15 – 7:25 p.m.      Dr. Chris Mackie, MOH and CEO, and Heather Lokko, Associate Director, OHCDSh re: Generative Conversation: Drug Use in Middlesex-London

Item #	Report Name and Number	Link to Additional Information	Delegation	Recommendation	Information	Brief Overview
<b>Committee Reports</b>						
1	Finance and Facilities Committee Meeting (Report 031-15)	<a href="#">Agenda</a> Appendix A	x	x		To receive information and consider recommendations from the May 7 <sup>th</sup> Finance and Facilities Committee meeting
<b>Delegations and Recommendation Reports</b>						
2	Regulations On Sale Of Beer In Grocery Stores (Report 032-15)			x		To send a letter to the Ministries of Health & Long Term Care and Finance to encourage them to consider additional regulations on the sale of beer in grocery stores
<b>Information Reports</b>						
3	Summary Information Report for May 2015 (Report 033-15)	Appendix A Appendix B			x	To provide a summary of information from Health Unit programs in Family Health Services and Environmental Health and Chronic Disease Prevention Services
4	Medical Officer of Health Activity Report – May (Report 034-15)				x	To provide an update on the activities of the MOH for May 2015

**CONFIDENTIAL**

**OTHER BUSINESS**

- Next Finance and Facilities Committee Meeting: Thursday, June 11, 2015 @ 9:00 a.m.
- Next Governance Committee Meeting: Thursday, June 18, 2015 at 6:00 p.m.
- Next Board of Health Meeting: Thursday, June 18, 2015 at 7:00 p.m.

## CORRESPONDENCE

- a) Date: 2015 March 27 (received 2015 April 10)  
Topic: Bill 45, Making Healthier Choices Act, 2014  
From: The Honourable Kathleen Wynne, Premier of Ontario  
To: Mr. Ian Peer, Chair, Middlesex-London Board of Health

**Background:**

Introduced on November 24<sup>th</sup>, 2014 – the *Making Healthier Choices Act* was introduced to mandate menu labelling of caloric content of items at restaurants with more than 20 locations and to ban the sale of flavoured tobacco in Ontario and place restrictions on e-cigarettes by limiting their display, promotion opportunities and limiting their use in designated areas.

The Middlesex-London Board of Health submitted a letter to the Right Honorable Kathleen Wynne recommending that menu labelling legislation also include sodium content and reference values.

Bill 45 enters Third Reading in the Ontario legislature on May 13, 2015.

**Recommendation:**

Receive.

- b) Date: 2015 April 1 (received 2015 April 10)  
Topic: Endorsement of Wellington-Dufferin-Guelph Action on Energy Drinks  
From: Ms. D. Bowen, Regional Clerk/Director of Legislative Services, Regional Municipality of Durham  
To: Copy of Correspondence to The Honourable Kathleen Wynne, Premier of Ontario and Minister of Agriculture

**Background:**

Energy drinks are high-calorie, low-nutrient beverages with caffeine, herbal and other vitamin ingredients. On February 4<sup>th</sup> 2015, Wellington-Dufferin-Guelph Public Health sent correspondence urging the Ontario government to take action to reduce the consumption of these beverages, in particular, consumption by children. The Region of Durham endorsed this recommendation.

**Recommendation:**

Receive.

- c) Date: 2015 April 1 (received 2015 April 10)  
Topic: Endorsement of Windsor-Essex County Board of Health Action on Naloxone Distribution  
From: Ms. D. Bowen, Regional Clerk/Director of Legislative Services, Regional Municipality of Durham  
To: Copy of Correspondence to The Honourable Kathleen Wynne, Premier of Ontario and Minister of Agriculture

**Background:**

The Middlesex-London Health Unit received correspondence from the Windsor-Essex County Board of Health on February 19, 2015 regarding their Naloxone Distribution Program. The Middlesex-London Health Unit subsequently endorsed the Windsor-Essex County Board of Health resolution to expand the programs reach.

**Recommendation:**

Receive.

- d) Date: 2015 April 8 (by email)  
Topic: Registration Now Open for 2015 alPHa Annual Conference & AGM, June 7-9, Ottawa  
From: Ms. Susan Lee, Manager, Administrative & Association Services, Association of Local Public Health Agencies (alPHa)  
To: All Board of Health Members

***Background:***

The Association of Local Public Health Agencies 2015 Annual Conference and Annual General Meeting will be held on June 7 to 9 in Ottawa.

At the meeting alPHa will be considering a resolution on “Applying a Health Equity Lens” which would endorse the World Health Organization Commission on Social Determinants of Health (WHO-CSDH): Call to Action for Ontario Public Health and an alPHa Position Statement on Applying a Health Equity Lens.

Additional items on the agenda include: panels, plenary sessions and business meetings for alPHa Sections.

***Recommendation:***

Receive.

- e) Date: 2015 April 24 (by email)  
Topic: alPHa Summary Budget 2015: Building Up Ontario  
From: Mr. Gordon Fleming, Manager, Public Health Issues, Association of Local Public Health Agencies (alPHa)  
To: Chairs/Members – Ontario Boards of Health

***Background:***

The Association of Local Public Health Agencies distributed a summary of Ontario’s 2015 budget and potential implications on public health. Items of note include:

- Significant planned investment in infrastructure (transportation, schools, health, and energy) of \$130B over 10 years;
- Allowing the sale of beer in 450 Ontario grocery stores subject to certain restrictions in order to ensure the province’s commitment to social responsibility;
- The “Patients First” renewed Action Plan for Health Care with a key objective of supporting Ontarians with evidence-based information so that they can make the right decisions about their health;
- Consideration of travel vaccine delivery in pharmacies;
- Integration and expansion of the Low Income Dental Program;
- Public sector compensation was identified as a crucial element to balancing the budget and the current framework will not include additional funding for wage increases; and
- Combatting contraband tobacco by coordination of Smoke Free Ontario Act inspections with Ministry of Finance Tobacco Tax Act inspections.

***Recommendation:***

Receive.

- f) Date: 2015 April 28 (by email)  
Topic: alPHa Resolutions for Consideration at June 2015 Annual General Meeting  
From: Ms. Linda Stewart, Executive Director, Association of Local Public Health Agencies (alPHa)  
To: All Chairs and Members of Boards of Health

***Background:***

See background of correspondence item (d).

***Recommendation:***

Endorse.

- g) Date: 2015 May 8 (by email)  
Topic: Guide to Medical Officers of Health (MOH), Associate MOH and Acting MOH Appointments  
From: Ms. Paulina Salamo, Director (A) Public Health Standards, Practice and Accountability Branch, Public Health Division, Ministry of Health & Long-Term Care  
To: All Boards of Health

***Background:***

A guide describing the process and requirements for Medical Officer of Health (MOH), Associate MOH and Acting MOH appointments

***Recommendation:***

Receive.

Copies of all correspondence are available for perusal from the Secretary-Treasurer.

**ADJOURNMENT**



## PUBLIC SESSION – MINUTES

### MIDDLESEX-LONDON BOARD OF HEALTH

2015 April 16

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**MEMBERS PRESENT:** Mr. Ian Peer (Chair)  
Mr. Jesse Helmer (Vice Chair)  
Ms. Trish Fulton  
Dr. Trevor Hunter  
Mr. Marcel Meyer  
Ms. Viola Poletes Montgomery  
Ms. Nancy Poole  
Mr. Kurtis Smith  
Mr. Mark Studenny  
Mr. Stephen Turner  
Ms. Joanne Vanderheyden

**OTHERS PRESENT:** Dr. Christopher Mackie, Medical Officer of Health & CEO  
(Secretary Treasurer of the Board)  
Ms. Sherri Sanders, Executive Assistant to the Board of Health  
(Recorder)  
Mr. Jordan Barringa, Manager, Strategic Projects  
Ms. Ruby Brewer, Manager, Family Health Services  
Ms. Laura Di Cesare, Director, Human Resources and Corporate Strategy  
Ms. Laura Dueck, Public Health Nurse, Family Health Services  
Mr. Dan Flaherty, Manager, Communications  
Mr. Jeremy Hogeveen, Vector Borne Disease Coordinator  
Dr. Gayane Hovhannisyanyan, Associate Medical Officer of Health  
Ms. Heather Lokko, Associate Director, Oral Health, Communicable  
Disease and Sexual Health Services  
Ms. Sarah Maaten, Epidemiologist  
Ms. Brenda Marchuk, Acting Chief Nursing Officer  
Mr. Alex Tymly, Online Communications Coordinator  
Ms. Suzanne Vandervoort, Acting Director, Family Health Services

**MEDIA OUTLETS:** None

Board of Health Chair, Mr. Ian Peer, called the meeting to order at 7:00 p.m.

Dr. Mackie, Medical Officer of Health and Chief Executive Officer, introduced Ms. Suzanne Vandervoort who will be taking on the role of Acting Director, Family Health Services and Ms. Brenda Marchuk who be taking on the role of Acting Chief Nursing Officer for approximately three to six months until the positions are filled permanently.

#### **DISCLOSURES OF CONFLICT(S) OF INTEREST**

Mr. Peer inquired if there were any disclosures of conflict of interest to be declared. None were declared.

#### **APPROVAL OF AGENDA**

It was moved by Mr. Studenny, seconded by Ms. Vanderheyden *that the [AGENDA](#) for the April 16, 2015 Board of Health meeting be approved.*

Carried

## **APPROVAL OF MINUTES**

It was moved by Mr. Meyer, seconded by Mr. Smith *that the MINUTES of the March 19, 2015 Board of Health meeting be approved.*

Carried

## **BUSINESS ARISING FROM THE MINUTES** - none

## **DELEGATIONS & RECOMMENDATION REPORTS**

### **Baby-Friendly Initiative (027-15)**

Ms. Ruby Brewer, Manager, Family Health Services, and Ms. Laura Dueck, Public Health Nurse, reported on the progress of the Baby-Friendly Initiative to date with a PowerPoint presentation. Ms. Dueck also reviewed the proposed changes to the Baby-Friendly Organizational Policy. Ms. Dueck reported that the formal evaluation visit will occur in the fall 2015.

Discussion ensued about the presence/absence of words, such as mother, father and parents in the document and how to engaging fathers in the breast-feeding process. This comment was duly noted, and the wording of the policy and delivery of the program will be reviewed. It was also noted that 'support person' was used in the policy to avoid gender specific roles.

It was moved by Ms. Poletes Montgomery, seconded by Mr. Meyer *that the Board of Health approve and endorse the proposed Baby-Friendly organizational policy changes as outlined in Report No. 027-15 re Baby-Friendly Initiative.*

Carried

### **Ten Great Public Health Achievements of the 21<sup>st</sup> Century**

Dr. Mackie, reported that he presented at the Ontario Public Health Convention, as part of the 7th Annual Sheila Basur Public Health Symposium, on March 25, 2015. Dr. Mackie shared the PowerPoint presentation entitled Ten Great Public Health Achievements of the 21st Century.

Board of Health members voted on their top three of the ten great public health achievements. After the voting, the top three achievements included Eliminating Poverty, Ending the Mental Health Crisis, and Improving Support for Early Childhood Development.

### **Governance Committee –April 16, 2015 (verbal report)**

Mr. Mark Studenny, Chair of the Governance Committee, reported on the Governance Committee meeting held prior to the April 16<sup>th</sup> Board of Health meeting.

### **Orientation Update (Report No. 07-15GC)**

Mr. Mark Studenny reported that an orientation session for new Board of Health members will be held from 4:30 p.m. on Thursday, May 21, 2015, prior to the May Board of Health meeting. All Board members are welcome. A light supper will be served.

Mr. Studenny also reported that all Board of Health members are required to complete the second phase of the Accessibility for Ontarians with Disabilities Act (AODA) training. A link for the Online Training will be provided by email. If a Board member is required to complete the training as a work requirement, s/he should contact Ms. Laura Di Cesare, Director, Human Resources and Corporate Strategy.

## **2015 Board of Health Self-Assessment Results (09-15GC)**

Ms. Sarah Maaten, Epidemiologist, summarized the results and reported that a strong majority of members agree that the Board is achieving its outcomes.

Mr. Studenny reported that the Governance Committee has tasked Health Unit staff to develop a plan for continuous improvement of Board of Health effectiveness and engagement based on the findings of the survey and best practices to present at a future Governance Committee meeting.

## **INFORMATION REPORTS**

### **Item #3 - Progress on the Shared Services Review Recommendations (Report 028-15)**

### **Item #4 - Summary Information Report for April (Report 029-15)**

Mr. Jeremy Hogeveen, Vector Borne Disease Coordinator, responded to questions posed by Board of Health members.

### **Item #5 – Medical Officer of Health Activity Report – April (Report 030-15)**

It was moved by Ms. Poletes Montgomery, seconded by Mr. Turner *that the following reports be received for information:*

*Report No. 028-15 re Progress on the Shared Services Review Recommendations*

*Report No. 029-15 re Summary Information Report for April*

*Report No. 030-15 re Medical Officer of Health Activity Report – April*

Carried

## **CORRESPONDENCE**

Dr. Mackie introduced a new item of correspondence for information regarding the provincial announcement of a Cap and Trade System to Limit Greenhouse Gas Pollution in Ontario to the Board of Health.

It was moved by Mr. Studenny, seconded by Ms. Vanderheyden *that the Board of Health endorse the Grey Bruce Health Unit's reaffirmation of Community Water Fluoridation.*

Carried

## **OTHER BUSINESS**

Upcoming meetings:

- a. Finance and Facilities Committee – Thursday, May 7, 2015 @ 9:00 a.m.
- b. Board of Health Orientation Session – Thursday, May 21 @ 4:30 p.m. (lobby of 50 King Street)
- c. Board of Health – Thursday, May 21, 2015 @ 7:00 p.m.
- d. Governance Committee – Thursday, June 18, 2015 at 6:00 p.m.



**CONFIDENTIAL**

At 8:45 p.m., it was moved by Mr. Helmer, seconded by Mr. Studenny that the Board of Health move in camera to discuss matters concerning an identifiable individual.

Carried

At 9:50 p.m., it was moved by Ms. Vanderheyden, seconded by Mr. Studenny that the Board of Health return to public forum and report that progress was made in matters concerning an identifiable individual.

Carried

**ADJOURNMENT**

At 9:50 p.m., it was moved by Mr. Meyer, seconded by Mr. Smith *that the meeting be adjourned.*

Carried

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**IAN PEER**  
Chair

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**CHRISTOPHER MACKIE**  
Secretary-Treasurer



MIDDLESEX-LONDON HEALTH UNIT

REPORT NO. 031-15

TO: Chair and Members of the Board of Health
FROM: Christopher Mackie, Medical Officer of Health
DATE: 2015 May 21

FINANCE AND FACILITIES COMMITTEE MEETING MAY 7TH

The Finance and Facilities Committee met at 9:00 a.m. on May 7, 2015 (Agenda). The draft public minutes are attached as Appendix A. The following items were discussed at the meeting and recommendations made:

Table with 3 columns: Reports, Summary of Discussion, Recommendations for Board of Health's Consideration. Rows include: 2014 Vendor Payments & Visa Purchases (009-15FFC), Sole Source Vendor - Evaluation of the School Travel Planning Program (010-15FFC), 2015 BOH Compensation (011-15FFC), Great-West Life Benefits - Renewal (012-15FFC), Q1 Variance Report (013-15FFC).

The Finance and Facilities Committee moved in camera to discuss matters concerning a proposed or pending acquisition of land by the Middlesex-London Board of Health.

The next meeting of the Finance and Facilities Committee has been rescheduled for June 11, 2015.

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



**PUBLIC MINUTES**  
**Finance and Facilities Committee**  
**50 King Street, Room 3A**  
**MIDDLESEX-LONDON BOARD OF HEALTH**  
**2015 May 7 9:00 a.m.**

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**COMMITTEE**

**MEMBERS PRESENT:** Mr. Ian Peer  
Mr. Marcel Meyer  
Ms. Joanne Vanderheyden  
Mr. Jesse Helmer (via telephone)

**REGRETS:** Ms. Trish Fulton

**OTHERS PRESENT:** Dr. Christopher Mackie, Medical Officer of Health and CEO  
Mr. John Millson, Director, Finance and Operations  
Ms. Sherri Sanders, Executive Assistant to the Board of Health (Recorder)  
Ms. Mary Lou Albanese, Manager, Environmental Health and Chronic Disease Prevention Services  
Ms. Laura Di Cesare, Director, Human Resources and Corporate Strategy (for Report No. 012-15FFC only)  
Dr. Trevor Hunter, Board of Health Member

At 9:00 a.m., Mr. Peer welcomed everyone to the meeting.

**1. DISCLOSURES OF CONFLICT(S) OF INTEREST**

Mr. Peer inquired if there were any disclosures of conflict of interest to be declared. None were declared.

**2. APPROVAL OF AGENDA**

It was moved by Ms. Vanderheyden, seconded by Mr. Meyer that the [AGENDA](#) for the May 7, 2015 Finance and Facilities meeting be approved.

Carried

**3. APPROVAL OF MINUTES**

It was moved by Ms. Vanderheyden, seconded by Mr. Meyer that the [MINUTES](#) from the February 12, 2015 Finance and Facilities Committee Meeting be approved.

Carried

**4. BUSINESS ARISING FROM MINUTES –none**

**5. NEW BUSINESS**

**5.1. 2014 Vendor Payments & Visa Purchases (009-15FFC)**

Mr. John Millson, Director, Finance and Operations, reviewed the report with Committee members. Discussion ensued about the use of a point/rewards systems associated with some corporate credit cards. Mr. Millson replied that this has been explored, and the Health Unit does not qualify for such programs.

It was moved by Mr. Meyer, seconded by Ms. Vanderheyden *that the Finance & Facilities Committee receive Report No. 009-15FFC re 2014 Vendor / VISA Payments for information.*

Carried

**5.2. Sole Source Vendor – Evaluation of the School Travel Planning Program for the Active and Safe Routes to School Committee (010-15FFC)**

Ms. Mary Lou Albanese, Manager, Environmental Health, assisted Committee members with their understanding of this report. Ms. Albanese reported that the program started with in-kind contributions before funding was provided through the Healthy Communities Fund. Ms. Albanese reported that when the evaluation phase is completed, Dr. Jason Gilliland, Director, Human Environments Analysis Laboratory of Western University, will present to the Board of Health.

Discussion ensued about the need for funding in the research phase versus implementation phase. Ms. Albanese explained that the research is necessary to incorporate the program into school board policies.

Discussion ensued about the barriers faced with walking to school. Ms. Albanese explained that part of the evaluation phase will identify barriers, such as stranger danger, to recommend strategies to overcome the barriers.

It was moved by Mr. Meyer, seconded by Mr. Helmer *that the Finance and Facilities Committee receive Report No.010-15FFC re Evaluation of the School Travel Planning Program - Single Source Vendor for information.*

Carried

**5.3. 2015 BOH Compensation (011-15FFC)**

It was moved by Ms. Vanderheyden, seconded by Mr. Meyer *that the Finance & Facilities Committee make recommendation to the Board of Health to increase the Board of Health member compensation rate for a half day meeting to \$147.04 retroactively to January 1, 2015.*

Carried

#### **5.4. Great-West Life Benefits - Renewal (012-15FFC)**

Mr. Millson reported that the current benefits carrier, Great West Life, offers more reasonable fees than the previous carrier did. Ms. Laura Di Cesare, Director, Human Resources and Corporate Strategy, explained there has been an increase in claims due to the aging population of Health Unit staff. Ms. Di Cesare reported that not all drugs have a generic form currently available. Future negotiations could include generic drugs and exclusion of the more expensive drugs; however, this would have to be negotiated at the bargaining table.

In response to a question about the implications of the \$55,000 benefit fee increase, Dr. Mackie responded that this has been considered in the preparation of the next item re Q1 Variance Report ([013-15FFC](#)).

It was moved by Ms. Vanderheyden, seconded by Mr. Meyer *that the Finance & Facilities Committee review and make recommendation to the Board of Health to approve the renewal of the group insurance rates administered by Great-West Life as describe in Report No. 012-15FFC re Great-West Life Benefits – Renewal Rates.*

Carried

#### **5.5. Q1 Variance Report (013-15FFC)**

Mr. Millson and Dr. Mackie reviewed this report with Committee members.

Mr. Millson explained that the \$55,000 increase in benefit fees is incorporated into the estimated 2015 deficit (based on Q1) of \$157,093. Committee members discussed monthly updates on the variance. Mr. Millson agreed to monitor financial data to identify variances on a monthly basis and notify FFC of any that would have a material impact on financial projections.

It was moved by Ms. Vanderheyden, seconded by Mr. Meyer *that the Finance and Facilities Committee receive Report 013-15FFC re Q1 Financial Update for information.*

Carried

### **6. CONFIDENTIAL**

At 9:55 a.m., it was moved by Ms. Vanderheyden, seconded by Mr. Meyer *that the Finance and Facilities Committee move in camera to discuss matters concerning a proposed or pending acquisition of land by the Middlesex-London Board of Health.*

Carried

At 10:40 a.m., it was moved by Ms. Vanderheyden, seconded by Mr. Meyer *that the Finance and Facilities Committee return to a public forum to report that progress was made in matters concerning a proposed or pending acquisition of land by the Middlesex-London Board of Health.*

Carried

**7. OTHER BUSINESS**

The next scheduled meeting of the FFC is Thursday, June 11, 2015 at 9:00 a.m.

**8. ADJOURNMENT**

At 10:50 a.m., it was moved by Ms. Vanderheyden, seconded by Mr. Meyer *that the meeting be adjourned.*

Carried

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IAN PEER  
Acting Committee Chair

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CHRISTOPHER MACKIE  
Secretary-Treasurer



TO: Chair and Members of the Board of Health

FROM: Christopher Mackie, Medical Officer of Health

DATE: 2015/05/21

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## REGULATIONS ON SALE OF BEER IN GROCERY STORES

### **Recommendation**

*It is recommended that the Board of Health consider strategies to advocate to the Ministry of Health and Long Term Care and Ministry of Finance encouraging them to consider additional regulations on the sale of beer in grocery stores as outlined in Report No. 032-15 re Regulations on Sale of Beer in Grocery Stores.*

### **Key Points**

- The most recent expansion of beer sales in grocery stores has increased the availability of alcohol in our community.
- Research has shown that alcohol is directly linked with chronic disease, injuries and social problems.
- The Ministry of Health and Long Term Care is encouraged to expand the social responsibility protections planned for the sale of beer in grocery stores.
- Healthy public policy is a necessity to reduce the burden of alcohol on our community, families and health care system.

### **Background**

Recent government policy changes have expanded the retail and distribution of alcohol across Ontario. In the past few years, the Ontario government has initiated the sale of Vintners Quality Alliance (VQA) wine in the Farmers' Market Pilot Program (2014), increased hours of sales (2011), removed barriers and restrictions for special events and festivals (2011), and demonstrated support for Craft Brewers and Ontario Vintners. This type of expansion has offered Ontarians more opportunities to purchase and use alcohol. There is strong evidence of negative health and social impacts increased alcohol availability has on our communities.

### **Supporting Regulations for Sale of Beer in Grocery Stores**

On April 16, 2015 the Government of Ontario announced the sale of beer in 450 grocery stores around Ontario. As seen in the [Ministry ads](#), while purchasing eggs, fruit and bread, Ontarians can now purchase their beer. Research demonstrates that marketing to children (e.g., unhealthy food, tobacco and alcohol), results in children consuming more of that product and initiating use at an earlier age. This evidence raises concern about the normalization and increased access that beer in grocery stores will bring and thus warrants careful monitoring.

Since the decision to allow beer in 450 grocery stores is going forward, the Health Unit would like to encourage the government of Ontario to follow through with the social responsibility protections as outlined in the Ministry of Health and Long Term Care backgrounder released on April 16, 2015:

- Limit the number of locations authorized to sell beer,
- Clear restrictions on hours of sale,
- Limits on volumes sold at the new locations,
- Minimum and uniform pricing for beer,
- Designated sections in stores with access restricted outside of regulated hours of operation,
- Social responsibility training for all employees facilitating the purchase of beer,
- Appropriate check-out safeguards, and
- Restricted sales of beer to packs of six or less with no discounts or 'pack-up pricing' for multiple purchases.

In addition to the above noted regulations, MLHU agrees with other public health units and agencies in recommending that the following additional regulations be considered:

- Ensure all cashiers and staff who handle alcohol are over the age of 19 and complete the Smart Serve Training.
- Require the new locations to promote Canada's Low-Risk Alcohol Drinking Guidelines at point-of-sale by making educational materials available and through staff training.
- Increase the number of alcohol inspectors to conduct regular compliance audits to ensure that licensed grocery stores selling beer do not operate outside of the terms of their license nor sell to underage or intoxicated individuals.
- Licence holders that fail their audit or commit a serious violation have their license permanently revoked.
- All licenced grocery stores be required to publicly report on their social responsibility programming annually (e.g., number of identified checked and number of individuals refused service due to intoxication).

## Conclusion

Public health acknowledges that the consumption of alcohol has become ingrained in our culture. Our mandate is to educate both the public and policy makers that alcohol is not an ordinary commodity like other products. Thus, healthy public policy is necessary to reduce the health burden of alcohol on our communities, families and health care system.

The report was prepared by Ms. Mary Lou Albanese, Manager and Ms. Melissa Knowler, Pubic Health Nurse, Healthy Communities and Injury Prevention Team.



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

This report addresses the following requirement(s) of the Ontario Public Health Standards:  
Prevention of Injury and Substance Misuse Standard Requirement #2.



TO: Chair and Members of the Board of Health

FROM: Christopher Mackie, Medical Officer of Health

DATE: 2015 May 21

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## 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](http://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

# Active Middlesex Website

## BACKGROUND:

### Middlesex Active Communities (MAC) Partnership

The Middlesex Active Communities (MAC) Partnership is a spin-off of the Healthy Communities Partnership Middlesex-London (HCP-ML) whose purpose is “to foster a healthy community in London-Middlesex by influencing policy to support enhanced opportunities for active living across the lifespan”; whereas, the goal of MAC is to focus on initiatives and policies specific to Middlesex County. The HCP-ML was a result of the Ministry of Health and Long Term Care’s Healthy Communities strategy, with the Middlesex-London Health Unit providing leadership.

### The International Toronto Charter for Physical Activity

The international Toronto Charter for Physical Activity articulates the case for physical activity and provides international consensus on the common actions needed to gain increased political priority and investment in policy and programs aimed at increasing and supporting active living across the life course. Since 2013, 7 of 8 Middlesex County municipalities have endorsed the Charter, demonstrating their commitment toward making healthy active living a reality for all.

The MAC partnership responds to the Framework for Action where it states “developing partnerships for action,” and has chosen to make the Guiding Principles for MAC consistent with those of the Charter:

- use of evidence based strategies;
- embrace an equity approach;
- address the environmental, social and individual determinants of physical inactivity;
- implement sustainable actions in partnership;
- build capacity in research, practice, policy, evaluation and surveillance;
- use a life course approach, addressing the needs of children, families, adults and older adults;
- advocate to decision-makers to increase political commitment;
- ensure cultural sensitivity and;
- make physical activity the easy choice.

## ACTIVE MIDDLESEX:

As a result of identified gaps and needs by partners in Middlesex County, the MAC Partnership has initiated a project with the goal of improving access to structured and non-structured physical activity opportunities and information within Middlesex County through the development of a website: “Active Middlesex” - [activemiddlesex.ca](http://activemiddlesex.ca).

**Project Objectives:**

1. House all known County structured and/or non-structured opportunities for active living in a single location.
2. Increase knowledge and awareness of structured and non-structured opportunities for active living among Middlesex County residents.
3. Increase knowledge and awareness of the importance and benefits of active living among Middlesex County residents.
4. Improve planning/coordination between municipal Parks & Recreation departments and other public and private recreation and leisure providers to optimize opportunities for active living and programs within Middlesex County.
5. Identify barriers to Middlesex County residents having active lifestyles (through survey on website).

**Partners:**

MAC working groups are formed for project development. Current Active Middlesex working group members include representation from the municipal recreation departments of Middlesex Centre, Strathroy-Caradoc, Lucan Biddulph, Southwest Middlesex, and Thames Centre; County I.T. and Planning; and are exploring potential partnerships with Middlesex County Library and the Y.M.C.A. of Western Ontario.

**NEXT STEPS:**

MAC would like to seek support for Active Middlesex from County council and each of the municipalities through information reports and/or presentations. The Active Middlesex working group is exploring funding through grant opportunities but may require support for project sustainability through local government human and/or fiscal resources.

## **Web Disclosure of Recreational Water Facilities and Personal Service Settings' Inspection Data**

### Background

Inspection information disclosure incentivizes adoption of best practices and can lead to closer working relationships between operators and MLHU staff. Further, it discourages the public from seeking services from unlicensed personal service setting operators (who will not be on the website) and prevents such operators from making false claims to their clientele that they have been inspected by the MLHU.

Sections 1 and 4 of the Recreational Water Protocol under the OPHS require boards of health to inspect, and establish a procedure for public disclosure of inspection results of, recreational water facilities. Similarly, requirement 14 of the OPHS Infectious Diseases Prevention and Control Standards outlines the Board of Health's obligation to inspect all PSSs annually.

### A New Website for Inspection Information Disclosure

The MLHU is launching a disclosure website for inspection-related information about recreational water facilities (i.e., public pools, public spas) and personal services settings (i.e., hair salons, barbering, manicure-pedicure, tattoo and body-piercing). The inspection information will be provided by the Safe Water and Rabies, and Infectious Disease Control Teams.

This will provide the public with fast and simple access to the results of inspections conducted in the City of London and Middlesex County. Additionally, this disclosure website provides the MLHU with a mechanism to publicly post inspection data of any facility or operation (not otherwise subject to regular inspection) in a timely manner, if a risk to the public exists or an incident has occurred. This functionality will satisfy the upcoming Ministry of Health and Long Term Care's transparent mandatory reporting requirements related to non-routine inspections where an Infection Prevention and Control lapse has been identified.

The web design and function were prepared by Res-IM, the same company behind the new MLHU and DineSafe websites.

### Implementation

In preparation for the launch, five information sessions were held at 50 King St. for owners and operators of pools, spas and PSSs. Over 70 people attended and feedback was unanimously positive; reputable operators view this as supportive of their safe business practices.

The website will be launched in June, 2015. It will initially include tattoo operators' inspection data from January 1, 2014, onwards, as well as recreational water facility inspection data from January 1, 2015, onwards. The disclosure of all other personal services settings' inspection information will commence early in 2016 and will contain all data from 2015.

### Conclusion

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 MLHU, 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.



TO: Chair and Members of the Board of Health

FROM: Christopher Mackie, Medical Officer of Health

DATE: 2015 May 21

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## **MEDICAL OFFICER OF HEALTH ACTIVITY REPORT – MAY**

### ***Recommendation***

***It is recommended that Report No. 034-15 re Medical Officer of Health Activity Report – May be received for information.***

The following report highlights activities of the Medical Officer of Health (MOH) from the April Medical Officer of Health Activity Report to May 7, 2015.

The MOH and members of the Non Union Leadership Team participated in Crucial Conversations Training. This is the second group of staff to receive training that assists staff to handle crucial conversations more effectively. A follow up session will be held in June.

On April 7<sup>th</sup> the MOH and staff attended a Farewell Celebration for Diane Bewick, Director, Family Health Services (FHS) and Chief Nursing Officer (CNO). Ms. Bewick retired at the end of April after working at the Health Unit for 20 years. She has made an impact not only at the Health Unit but in the community as well. Until a replacement has been hired, Suzanne Vandervoort, Manager Family Health Services and Brenda Marchuk, Public Health Nurse, Family Health Services will fill the Acting Director, FHS and Acting CNO roles respectively.

The MOH, members of the Extended Leadership Team and members of the Strategic Planning Advisory Committee (SPAC) participated in a Conversation Café meeting on April 27<sup>th</sup> as part of the Health Unit's strategic planning process. Staff reviewed the strategic priorities and the strategic objectives for each quadrant of the balanced scorecard in order to determine what actions need to occur to ensure the objectives are met. They gave suggestions for ways to measure the success of the strategic objectives, listed some initiatives and activities that could be used to assist with reaching the objectives, and made note of some potential barriers and or missing assets that could delay or prevent the Health Unit from achieving the objective. The next step is for SPAC to compile all of the information received into a document that will be shared with all staff at Service Area and Team meetings for more brainstorming.

The MOH & CEO also attended the following teleconferences and events:

- April 7            Attended an event at Museum London announcing the new Campaign Chair for the United Way. The MOH will be on the 2015 United Way Cabinet.
  - April 9            Code Red Champion meeting at the United Way Boardroom
  - April 10          Met with Jeff Schlemmer, Director of Legal Aid Ontario & Abe Oudshoorn RN, PhD, Associate Professor at the Labatt Family School of Nursing, UWO, to discuss unlicensed group home regulations
- Participated on a panel at Western's Public Health Family Medicine building in regards to discussing the role of media in public health
- Met with Tom Cull, coordinator of the Thames River Clean Up to discuss needle pick up

- April 15 Attended a Code Red Steering Committee meeting at LHSC  
Met with Chef Andrew Fleet, Executive Director of Growing Chefs, to discuss a new project
- April 20 Met with Helene Berman, Professor and Associate Dean at Western University and Jim Weese, Dean at Western University to discuss a potential partnership with the Centre for Research on Health Equity and Social Inclusion  
Participated in the interviews of candidates for the Director of Family Health Services position
- April 21 Participated in planning day with the Senior Leadership Team
- April 22 Attended a meeting of the SW LHIN Health System Leadership Council in Stratford.  
Participated in a Taste For Life event by hosting at the Zen Vegetarian Garden
- April 23 Attended a YOU Board meeting  
Attended the Middlesex Municipal Association Annual General meeting in Glencoe.  
Board of Health Chair Ian Peer, Past Chair Marcel Meyer and Board Members Joanne Vanderheyden, Kurtis Smith and Jesse Helmer also attended
- April 28 Attended the spring meeting of South West Medical Officers of Health, Associate Medical Officers of Health & CEOs hosted by Oxford County  
Attended the opening of London's first urban garden and roof top terrace at the Richmond St. Youth Opportunities Unlimited (YOU) location
- April 29 Acted as a judge at the TVDSB Mentally Healthy School Poster Contest
- May 1 Attended the retirement celebration for Chief Brad Duncan held at Police Headquarters
- May 4 Hosted a Code Red Champion meeting at the Health Unit
- May 5 As part of Emergency Week events, the MOH had lunch at the Emergency Preparedness BBQ, hosted by the Health Unit, Middlesex County and the Salvation Army. The event was held in the courtyard of the Middlesex County Building.
- May 6 Attended the first meeting of the 2015 United Way Cabinet  
Spoke at the awards ceremony for the TVDSB Mentally Healthy School Poster Contest, noting the public health partnership with schools in supporting mental health promotion, as well as introducing fellow judges



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

**This report addresses** Ontario Public Health Organizational Standard 2.9 Reporting relationship of the medical officer of health to the board of health