

Year in Review 2016 Annual Report



2016 ANNUAL REPORT



A MESSAGE FROM THE BOARD CHAIR

While Public Health plays a significant role in the lives of everyone who lives in Middlesex County and the City of London, it isn't something many people spend a lot of time thinking about.

As a result, the wide range of programs, services and policies that make our communities healthier and support the growth and development of infants, children and teens, as well as the processes that keep our food, water and environment safe, may go unnoticed.

Most people don't spare a second thought for public health and that's not surprising, because when Public Health works best, bad things don't happen.

As members of the Middlesex-London Board of Health, my colleagues and I are accountable to you. Our role is to guide the Middlesex-London Health Unit, ensuring that it lives up to its mission of promoting and protecting the health of our community.

As municipal and provincial representatives, we are here to speak for you, to ask questions and to ensure that the requirements set out under the Ontario Public Health Standards are met.

As Chair of the Board of Health, it has been my privilege and honour to fulfill this role and to work with my colleagues and the dedicated professionals who make up the ranks of the Middlesex-London Health Unit team.

This Annual Report provides a synopsis of the Health Unit's activities in 2016 as well as an overview of its funding and expenses. I hope you find the information contained within these pages to be interesting and informative.

Sincerely,

Jesse Helmer
Chair, Middlesex-London Board of Health



MIDDLESEX-LONDON BOARD OF HEALTH

The Board of Health is the Middlesex-London Health Unit's governing body and is directly accountable to the residents of Middlesex County and the City of London for the cost-effective management and delivery of public health programs and services. The Board of Health consists of five Provincial Representatives, three Middlesex County Representatives and three City of London Representatives, two of whom are elected Council members and one who is a City appointee.

For the Board of Health, 2016 was a year of transition as the terms of three long-serving Provincial Representatives concluded. In addition, City of London Representative Stephen Turner took a leave from his role on the Board before being hired at the end of May as the Health Unit's Director of Environmental Health and Infectious Disease.

There were also several appointments to the Board of Health in 2016, including City of London appointee Trevor Hunter and Councillor Maureen Cassidy as City Representatives, and Tino Kasi as a Provincial Representative. At the conclusion of the year, there remained two Provincial Representative vacancies on the Board of Health. It is expected that the Province of Ontario will appoint new representatives in early 2017 to restore a full complement of representatives to the Board of Health.

The terms of elected municipal representatives are typically aligned with their terms of office, as they are appointed by City or County Council. The City of London appointee's term is determined by City Council. Provincial Representatives are appointed for a term, the length of which is determined by the Minister of Health and Long-Term Care. The positions of Chair and Vice-Chair are appointed each year by a majority vote of Board of Health members.

2016 Board of Health members:

Mr. Jesse Helmer, Chair, City of London Representative
Ms. Joanne Vanderheyden, Vice-Chair, Middlesex County Representative
Ms. Trish Fulton, Provincial Representative
Mr. Marcel Meyer, Middlesex County Representative
Mr. Ian Peer, Provincial Representative
Mr. Kurtis Smith, Middlesex County Representative
Ms. Viola Poletes Montgomery, Provincial Representative (term ended in February, 2016)
Ms. Nancy Poole, Provincial Representative (term ended in July, 2016)
Mr. Mark Studenny, Provincial Representative (term ended in April, 2016)
Mr. Stephen Turner, City of London Representative (resigned in May, 2016)
Mr. Trevor Hunter, City of London Representative (Citizen Appointee)
Ms. Maureen Cassidy, City of London Representative (term began in September, 2016)
Ms. Tino Kasi, Provincial Representative (term began in November, 2016)

A MESSAGE FROM DR. CHRIS MACKIE, MEDICAL OFFICER OF HEALTH AND CEO

In 2015, a lot of time and energy went into creating the Middlesex-London Health Unit's new five-year strategic plan, as well as setting the Vision, Mission and Values that will carry us to the end of the decade. Our focus in 2016 was to put our plan into action. We started the year with a new corporate structure designed to better serve the needs of our community, while promoting and protecting the health of our residents and supporting them in reaching their full potential.

This transition provided renewed purpose for our staff as we upheld the values of collaboration, integrity, empowerment, striving for excellence, health, and equity; and carried those into the work we do every day. For many of our team members, it was a year of change as they adjusted to new duties, new colleagues and new workspaces. Yet even amid those changes, one thing has remained constant: the dedication and commitment of our staff members to the residents of London and Middlesex County.

With the arrival of 2016 also came emerging issues that required our attention, including increasing HIV and Hepatitis C rates that prompted the declaration of a local public health emergency; a food-borne salmonella outbreak that resulted in dozens of people becoming ill; and global circumstances which saw our area welcome hundreds of newcomers from Syria. These events represent a very small sampling of the activities, highlights and achievements presented in this 2016 Annual Report.

Over its pages you will discover much more information about our new Divisions and the work undertaken by our many teams over the course of the year. You'll learn about programs and services, as well as the planning and advocacy work that often goes unnoticed. You'll also find a helpful diagram that provides a breakdown of how the Middlesex-London Health Unit is funded, and how that funding is distributed among our programs and services.

Public health is an ever-evolving field that seeks to prevent disease, prolong life and promote health, while finding the best evidence to support programs and services that provide the greatest health benefit to local populations. The Middlesex-London Health Unit holds strong to these ideals and will continue to do so through the work we do every day.

Sincerely,

Dr. Christopher Mackie
Medical Officer of Health and CEO



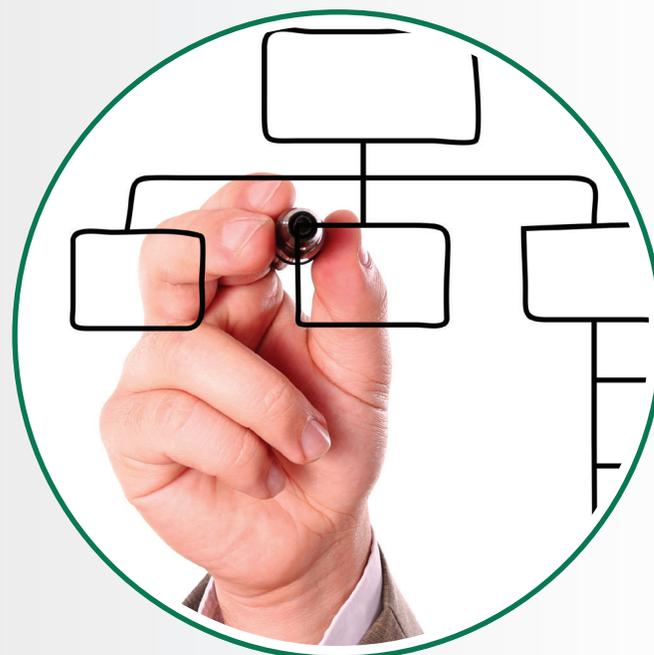
Introduction

Serving a population of 458,373 residents over an area covering more than 3,300 km², the Middlesex-London Health Unit (MLHU) is the largest autonomous public health unit in Canada with a budget of just over \$35 million. Above all, the MLHU strives to help people reach their potential, while committing itself to promoting and protecting the health of the citizens of London, as well those who live in the communities of Adelaide-Metcalf, Lucan-Biddulph, Middlesex Centre, North Middlesex, Southwest Middlesex, Strathroy-Caradoc, Thames Centre, and Newberry.

Extensive work was done over the course of 2015 towards the creation of the Health Unit's five-year Strategic Plan. This included thorough consultations with MLHU staff and guidance from the Senior Leadership Team and Board of Health. One of the key steps in that plan was the implementation a new organizational structure at the outset of 2016.

Coming into effect on January 1st, the new structure saw the replacement of the former Service Areas with new Divisions which brought teams together in a way that made better use of staff and program resources. The structural changes also saw the Healthcare Provider Outreach Team become aligned with the MLHU's communications efforts.

In addition to the creation of the new organizational structure that resulted from the strategic planning process, the Health Unit also embarked on a course to align strategic priorities with measurable outcomes. Utilizing the *Balanced Scorecard* methodology provides a framework through which the MLHU can focus its efforts in four quadrants, with specific goals in mind:



- Program Excellence – Delivering maximum value and impact with Health Unit resources
- Client and Community Confidence – Fostering client satisfaction and community confidence
- Employee Engagement and Learning – Engaging and empowering all staff
- Organizational Excellence – Enhancing governance, accountability and financial stewardship

Details outlining some of the work undertaken in 2016 by the Environmental Health and Infectious Diseases, Healthy Start and Healthy Living Divisions are featured in this annual report, as are the efforts of the Foundational Standard, Corporate Services, and the Office of the Medical Officer of Health teams.

An external factor that could have long-term implications for the Health Unit came into sharper focus in 2016. The agency's main site at 50 King Street in downtown London became a topic of discussion, as it was the subject of substantial media coverage after a zoning change was sought by the County to include residential uses for the property. In response to the potential redevelopment of the site, MLHU staff

put in motion a process to seek an alternate location for the Health Unit. The agency's Organizational Structure and Location (OSL) committee led consultation sessions with staff, as well as in-person consultations, telephone surveys, convenience sampling and an online survey of London and Middlesex County residents, to solicit feedback and comments about the Health Unit's location.

Through this process, the OSL committee was able to gather important input and feedback on which factors ought to be considered when determining the future home of the MLHU. A call for *Expressions of Interest* from the community to solicit the input of the development and real estate sectors was put out in late September and a formal *Request for Proposals* was issued to shortlisted sites in December. Final recommendations on the Health Unit's site selection are expected to be made by the fall of 2017.

Syrian newcomers arrive in London

The arrival of Syrian newcomers to London and Middlesex County in February prompted the MLHU to address some of the needs of this new community. The MLHU provided transportation to and from 10 immunization clinics the agency held at its 50 King Street offices. By the time the last clinic had been held on March 10th, 559 newcomers had received 1,412 doses of vaccine. Additional support was provided to

families, including assistance with access to healthcare providers, assistance with access to safe housing through the work of the MLHU's Food Safety and Healthy Environments Team, and other services through the Early Years and Best Beginning Teams.



Prenatal Immigrant Program

As an additional part of the MLHU's work with the Syrian newcomer community, the Reproductive Health Team realigned resources in February to create the Prenatal Immigrant Program. The program aimed to meet client needs by increasing access to prenatal education; psychosocial supports; and health literacy for pregnant Arabic women and their families. By the end of 2016, nearly 20 women were able to take part in the program.

Columbia Sportswear donations get into needing hands

In January, the Emergency Management program, through a partnership with Columbia Sportswear Canada, was able to gather hundreds of pieces of winter clothing and boots. These donations were sorted by Community Emergency Response Volunteers (CERV) and where necessary were repaired and cleaned. Many of these clothes were distributed to people in need as well as Syrian newcomers, many of whom arrived in Canada without winter clothes.



LOCAL POVERTY-REDUCTION INITIATIVES



Mayor's Advisory Panel to End Poverty

With the end of March came the release of: *London for All: A Roadmap to End Poverty*, the final report and recommendations of the Mayor's Advisory Panel on Poverty. The report was presented after six months of consultations with more than 1,000 people. It contained 112 recommendations, more than two dozen of which were to be accomplished within a year. The vision of the Mayor's Advisory Panel to End Poverty is to end poverty in London within a generation.

Living Wage London is a collaboration of local business and public sector partners promoting the benefits of a Living Wage for employers



Launch of Living Wage London

In May, the MLHU joined representatives from the Ivey Business School, Libro Credit Union, Ellipsis Digital, King's University College, Goodwill Industries, the Western Fair District and Downtown London in launching Living Wage London. Living Wage London is a collaboration of local business and public sector partners promoting the benefits of a Living Wage for employers, employees and the local community. The Board of Health endorsed a Living Wage plan for the MLHU at its February meeting. Using a detailed formula that focused on the cost of acquiring goods and services locally, London's Living Wage was calculated at \$15.53 per hour to cover the expenses of a healthy family of four. Where an employer provides an employee medical insurance plan, the Living Wage is reduced to \$14.57 per hour.

LONDON'S PUBLIC HEALTH EMERGENCY



The Health Unit has been very involved in harm reduction programs and other important work that targets those in London and Middlesex County who use drugs. This includes the May 2014 launch of the overdose-reversing Naloxone Program, the distribution of Safe Inhalation Kits that began in September of that year, and leading the Fentanyl Patch Return Program in 2015.

In April of 2016, a Steering Committee was formed to address the complex issues surrounding local substance use. Guided by an evidence-based framework rooted in a four pillars approach that focuses on prevention, harm reduction, treatment and enforcement, the development of a comprehensive Community Drug and Alcohol Strategy for London and Middlesex County will continue in 2017.

Along with other community agencies, the MLHU was also involved in the development of a study, led by the Ontario HIV Treatment

Network and supported by Regional HIV/AIDS Connection, to consider the feasibility of supervised injection services for London. The results of the study and proposed next steps will be presented in 2017.

Through MLHU research, an important local health outcome was found in 2016 among the community of people who inject drugs. The situation came to light when Health Unit staff had been gathering data around an increase in newly-diagnosed HIV, Hepatitis C and Invasive Group A Streptococcus cases among people who use injection drugs. The findings resulted in the declaration of a local public health emergency. In a news release issued in June, the agency declared that while HIV and Hepatitis C infection rates were in decline across the province, the opposite was true here. This data has provided key insights that will help shape the MLHU's substance use programs for years to come.



INFECTIOUS DISEASES

Influenza

While the influenza season started off slowly with fewer than 10 confirmed cases by the end of 2015, it picked up through late January and continued through April and into May of 2016. By the time the last weekly surveillance report was issued on June 7th, there had been 489 laboratory-confirmed influenza cases, including 196 hospitalizations and 19 deaths reported in London and Middlesex County, making it the heaviest flu season on record.

Tuberculosis

In February, the Infectious Disease Control Team and other staff were involved in the response to potential tuberculosis exposures among patients and staff at London Health Sciences Centre and St. Joseph's Health Care London. The situation occurred when it was found that a healthcare provider who had worked at the hospitals had tuberculosis (TB). Although the risk of contracting TB was considered to be low, there was a tremendous effort to contact the more than 160 people who may have been exposed. Samples were collected and follow-up testing showed that there were no further infections resulting from contact with the healthcare worker.



Salmonella

In August, the MLHU became aware of a sudden spike in the number of local salmonella cases being reported. While the Infectious Disease Control team might see nine cases of salmonella in a typical August, they had received reports of 14 in just one week. Even while still searching for a potential source, the Health Unit issued a media release, to raise awareness about preventing food-borne illnesses. As a result of the media release, 44 people reported an illness to the Health Unit, allowing the infection source to be confirmed quickly and stopped. The response was a great team effort and the prompt sharing of important food safety information was noted online by food-safety bloggers.

Illegal home-based tattoo operator shut down

In late-August, Public Health Inspectors from the Infectious Disease Control Team visited an East London residence where a home-based tattoo business had been operating. No infections resulted from body art being done at the location, but the investigation provided an opportunity for the team to highlight the importance of getting good, clean, body art from inspected businesses. The results of MLHU inspections at all licensed tattoo shops in London and Middlesex County is now available on the Health Unit website at: www.healthunit.com/inspections.

The team also expanded the scope of the Health Unit's inspection disclosure website with the addition of reports for all personal services settings, such as hair and esthetics businesses. The disclosure website also includes notices of when Public Health Inspectors observe lapses in the operators' Infection Prevention and Control (IPAC) measures.

SEXUAL HEALTH

Get Tested Western

Just in time for Valentine's Day, Western University set a new world record for most STI tests done in a single day. The Sexual Health Promotion Team was a big part of the second annual *Get Tested* event at the University which saw 813 people get tested over 12-hours between 9:00 a.m. and 9:00 p.m., topping the previous mark of 767 tests in a single day set in Basingstoke, England in 2013.

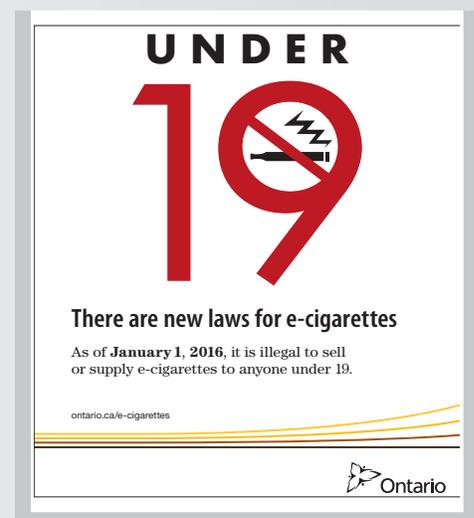


CHRONIC DISEASE AND TOBACCO CONTROL

Changes to Provincial Tobacco and E-Cigarette Laws

Effective January 1st, 2016, the sale of candy and fruit-flavoured tobacco products became illegal under the *Smoke-Free Ontario Act*, and the *Act* mandated that hospital grounds become 100% smoke-free by January 1st, 2018. Supported by Health Unit staff, all hospital grounds in Middlesex County and the City of London went 100% smoke-free by July 8th of 2016, well ahead of the provincially-imposed deadline. Tobacco Enforcement Officers and the Public Health Nurses working in tobacco cessation continue to support London Health Sciences Centre, St. Joseph's Healthcare and the Middlesex Hospital Alliance as they promote the new smoking restrictions and build cessation supports for employees, patients and visitors at hospital facilities.

Effective January 1st, 2016 it also became illegal to sell or supply electronic cigarettes (e-cigarettes, vapes, and vapours), or any of the parts of an electronic smoking device, to anyone under the age of 19. Under the *Electronic Cigarettes Act*, Health Unit Tobacco Enforcement Officers are designated to enforce the *Act*, conducting random enforcement checks of e-cigarette retailers.



Raising awareness about smoking in movies

As Hollywood prepared to celebrate the best in the film and motion picture industry at the Academy Awards in February, the MLHU and its *One Life One You* youth advisory group joined the World Health Organization and countless other health organizations in calling on governments to change the way films are rated. The goal of the Smoke-Free Movies campaign is to ensure that movies which show tobacco use receive an "R" or "18A" rating, to prevent youth from being influenced by on-screen depictions of tobacco use. Research has shown that when young people see on-screen tobacco use, they are more likely to begin using these substances themselves.

World No Tobacco Day and 10th Anniversary of the Smoke-Free Ontario Act

On May 31st, the MLHU celebrated World No Tobacco Day and the tenth anniversary of the *Smoke-Free Ontario Act* by hosting a free community event in London's St. Julien Park. Close to 200 people joined in the festivities, participating in interactive displays, including a visual timeline of the changes that have been made to the *Smoke-Free Ontario Act* over the past ten years, to ensure that people are protected from tobacco use and exposure to second-hand smoke. The Health Unit also awarded 11 organizations and individuals with Tobacco-Free Champion awards, recognizing the contributions they made in the local community over the last 10 years to reduce the influence of commercial tobacco in London and Middlesex County.

Smoke-Free Movie Night

The return of Smoke-Free Movie Nights in Strathroy, featuring *Angry Birds*, and the showing of *Finding Dory* in London's Victoria Park once again provided great opportunities for families to enjoy a fun evening where they could watch films that wouldn't expose anyone to on-screen tobacco use. About 3,500 people came out to enjoy the movies, and to participate in interactive and informative displays, games and activities. Members of *One Life One You* spoke with parents and caregivers about the issue of smoking in youth-rated movies, and discussed actions that parents could take to protect children and youth from the dangers of exposure to tobacco use on television and movie screens. A total of 412 signatures from those in attendance were added to a province-wide petition that will be presented in Provincial Parliament early in 2017. The petition calls on the Government of Ontario to amend regulations in the *Film Classification Act* to limit youth exposure to on-screen tobacco use.



Fire Prevention Week

The MLHU was present at the October launch of Fire Prevention Week at London's Fire Station #1. Health Unit staff were on-hand to speak about the importance of smoke-free housing policies both for multi-unit dwellings and for single family homes as a means of preventing residential fires.

Advocacy and action on sugar-sweetened beverages

At its June meeting, the Association of Local Public Health Agencies (ALPHA) endorsed a motion made by the Middlesex-London Health Unit to advocate for a comprehensive province-wide healthy eating strategy, integrating the recommendations in the Senate's Report on Obesity and the Heart and Stroke Foundation's *Sugar, Heart Disease and Stroke* position statement, including a tax on sugar-sweetened beverages. ALPHA then issued a news release, which called on the Government of Ontario to develop a province-wide comprehensive plan to promote healthy eating.

Referencing recommendations in the recent Senate report *Obesity in Canada* and the Heart and Stroke Foundation's position statement *Sugar, Heart Disease and Stroke*, ALPHA singled out a tax on sugar-sweetened beverages as an essential component of a healthy eating strategy. The MLHU has been vocal in calling for a tax on sugar-sweetened beverages due to their contribution to excess sugar in the diet and negative health impacts, including increased risk of unhealthy weights and certain chronic diseases.

In the Fall, The City of London had the opportunity to review its beverage vending machine contract for city-run facilities. The Health Unit, in partnership with the City, conducted in-person and online surveys to gauge public opinion on their use of vending machines at community centres, arenas and aquatic centres and their beverage consumption habits. With this data and an extensive review of the literature, MLHU staff prepared a report and provided recommendations to the City on what changes should be made to beverage vending machines in municipal facilities in order to make the healthy choice the easiest choice.



Middlesex-London Community Food Assessment

Officially released in June, the Middlesex-London Community Food Assessment was a collaborative effort of dedicated community partners including the MLHU, The City of London, the London Community Foundation and the London Food Bank. The Report identifies specific strengths and assets in the region, priorities for action, and outlines opportunities for food system change. The Report's key recommendation was that a local Food Policy Council be established for the Middlesex-London area. Through an application process, the inaugural Middlesex London Food Policy Council was established in October.

Harvest Bucks

Harvest Bucks is a vegetable and fruit voucher program coordinated by the Health Unit that helps increase local access to, and consumption of, vegetables and fruit while raising awareness about farmers' markets and local producers. Nearly \$60,000 in Harvest Bucks were distributed through 40 community food programs in London and Strathroy in 2016. The program also expanded in 2016 to include the Downtown Strathroy Market and the Old East Village Grocer.



REPRODUCTIVE HEALTH TEAM

In 2016, the Reproductive Health Team focused on the preconception and prenatal health needs of the community through the building of stronger partnerships and programming to meet the diverse needs of local residents.

Reproductive Health played a key role in assisting Syrian newcomers who arrived in London. The team realigned resources to create the Prenatal Immigrant Program mentioned earlier in this report. The program aims to meet client needs by increasing access to prenatal education and services for newcomers. The Team also made a commitment in 2016 to ensuring that current and future programs are assessed, planned and evaluated in an effort to address health inequities. Staff also reviewed the Food Skills program by undertaking a thorough health equity impact assessment. The results prompted changes to the program and a shift towards greater collaboration with other MLHU teams as well as community partners.



Reproductive Health Highlights for 2016:

- 133 pregnant women and their partners attended Preparing for Parenting classes;
- More than 725 women and their partners participated in 192 prenatal classes held in partnership with nine local libraries;
- 10 prenatal breastfeeding classes were attended by 92 women and their support persons;
- Four preconception sessions called Got a Plan Day were offered in collaboration with London Health Sciences Centre, reaching 425 High school students;
- More than 850 people participated in the MLHU's prenatal e-learning program.



EARLY YEARS TEAM

After four years of commitment and effort by staff towards having the Middlesex-London Health Unit reach its goal of receiving its Baby-Friendly Initiative Designation, the Health Unit received a visit from the Breastfeeding Committee for Canada in February. At an event held in the Middlesex County Building, former National Committee Chair Kathy Venter presented the Health Unit with its BFI Designation. The achievement recognized the MLHU's commitment to supporting, promoting and protecting breastfeeding, and to working with families to make informed feeding decisions for their infants. It also demonstrates the Health Unit's support for all pregnant women, mothers and families, regardless of their infant feeding decision.



Peer Support Drop-Ins

In September, the MLHU marked World Breastfeeding Week with a theme that focused on supporting breastfeeding moms. The Early Years Team highlighted the very successful Peer Support Program for breastfeeding mothers, which was launched in the spring of 2016.

In the context of World Breastfeeding Week, CTV London attended one of the the Program's drop-in sessions at the Argyle Family Centre and did a feature story that focused on the benefits the peer support approach has provided to nursing mothers.

Resiliency Campaign

In February, the Community Early Years Partnership built on its 2015 *Building Healthy Brains to Build a Healthy Future* building block campaign, and featured the "Resiliency" block in a new campaign. The campaign aimed to increase awareness and to educate parents and caregivers about how to build resilience in their children. Through weekly social media posts, parents were encouraged to share their stories of "bouncing back" with the online community, while enhancing their own knowledge. The campaign provided inspiration for many people who were experiencing adversity, and provided a forum where community members could share coping strategies that make it possible to persevere when facing challenging situations.

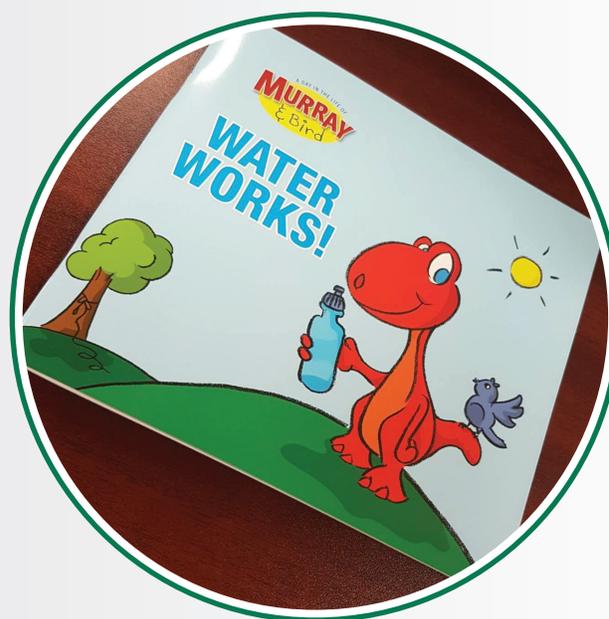
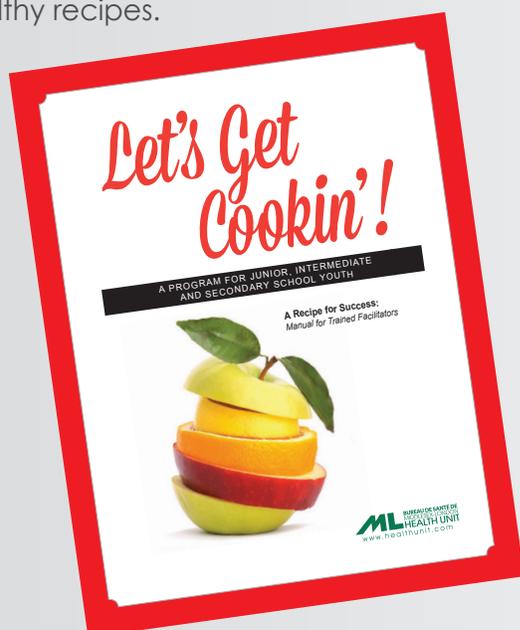


CHILD HEALTH AND YOUNG ADULT TEAMS

The Child Health and Young Adult Teams work closely with teachers, principals and local school boards to improve the health and wellbeing of children and youth in elementary and secondary schools.

In 2016, Public Health Nurses working in secondary schools met with students more than 2,400 times to offer support for health-related concerns. Common concerns addressed included mental health, growth and development, sexual health and healthy relationships. As an outcome of about 1,300 of these visits, Public Health Nurses were able to refer students to appropriate community resources.

In partnership with principals and teachers, Public Health Nurses develop action plans that focus on topics such as healthy eating, reducing sedentary behaviour, increasing physical activity and mental health. Some of the strategies include seeking grants for breakfast and snack programs, or an outdoor classroom, and supporting school staff to run a *Let's Get Cookin'* program, that teaches elementary students how to prepare simple, healthy recipes.



Water Does Wonders

Both the Young Adult and Child Health Teams work with multiple community partners. In 2016, the Child Health Team joined forces with the Middlesex Healthy Kids Community Challenge (HKCC) to support its "Water Does Wonders" efforts. The purpose of this activity was to promote increased water consumption and making water the drink of choice for children and their families. The program included educational campaigns and environmental supports, such as the installation of water bottle filling stations and distribution of water bottles to students.

In addition, and with the assistance of a Middlesex County Librarian, the teams created a new book to support the drinking of water and increasing the consumption of vegetables and fruit. The book, *Murray and Bird - Water Works!*, was designed with students from kindergarten to Grade 2 in mind, and is part of a new classroom toolkit developed for schools that focuses on highlighting the benefits of water, promoting proper hydration, as well as increasing the consumption of fruits and vegetables. The toolkits feature several resources, ideas and information for the classroom, including activities that highlight the amount of sugar contained in beverages, as well as bean plant growing kits. The project was made possible through the support of the Ontario Ministry of Health and Long-Term Care.

School Nurse Selfie and Healthy Lunch contests

Launched in 2015, the Hey Teens! Twitter account is geared towards secondary school students and their families. The social media initiative hosted a pair of successful contests in 2016 that engaged this high school audience. The first focused on the importance of eating a healthy lunch while the second, called the *School Nurse Selfie* contest, encouraged students to get to know their school nurse. The contest used the #schoolnurseselfie hashtag and prompted significant interaction, with many youth sharing pictures of themselves and their school's nurse on Twitter, as a part of the contest.

iParent Campaign

The Health Unit's long-standing iParent campaign was back on the streets in the summer of 2016, asking parents if they were having trouble communicating with their teens. The campaign included transit advertising and a Facebook campaign that aimed



to give parents the opportunity to ask questions and to share their experiences in parenting teens. The team also offered Teen *Triple P* Parenting classes at several locations in the community.

ORAL HEALTH TEAM

In February and March, the Oral Health Team piloted the new *Fluoride Varnish Application Program* in seven elementary schools and six daycare settings. In all, 1,082 children received fluoride varnish applications as part of this pilot program. By the end of the year, about 15,381 students in 131 elementary schools had been screened for cavities, 683 (four percent) of whom were found to be in need of urgent dental work. The Oral Health team also held dental screening sessions for Syrian newcomers, through which 81 children from 22 families had their teeth checked. Of those screened, 43 children were deemed to be in need of urgent care and were enrolled in the *Emergency and Essential Services Stream* (EESS) of the Healthy Smiles Ontario (HSO) program. Those not considered to have urgent needs, or who were without any findings were enrolled in the core stream of the HSO program.

In response to a new directive from the province issued in 2016, six oral health programs that had previously been provided by health units across Ontario were merged into a broader and more robust Healthy Smiles Ontario program. As a result of this decision, more children became eligible for the program, leading to the enrollment of 332 new clients.

Other Highlights/Statistics

Dental Treatment:

- 324 new clients seen by a dentist.
- 219 Smile Clean clients seen by a dental hygienist.
- 285 clients received preventive services (i.e. cleaning, fluoride and pit and/ or fissure sealants) from a dental hygienist



HEALTHY COMMUNITIES AND INJURY PREVENTION TEAM

Crossing the Road Safely

The Active and Safe Routes to School Committee joined forces with the London-Middlesex Road Safety Committee in 2016 to create a new resource aimed at children, that would teach them how to cross the road safely at intersections with traffic lights and pedestrian crosswalks. The video introduced “Tony the Street-Wise Cat” who helps a young child learn how to use the crosswalk and make it to the other side of the street, all while introducing important safety information. The video’s creator, A.J. Williams, was also recognized in the summer of 2016 for his award-winning 2015 distracted driving video, receiving the Ministry of Transportation Volunteer – Road Safety Achievement Award, which was presented in Toronto.



Falls Prevention and Healthy Aging

Falls are the number one cause of preventable injury in Ontario. The Healthy Communities and Injury Prevention Team plays a lead role in the Middlesex-London Fall Prevention Collaborative and is a member of the South West Regional Fall Prevention Network. Efforts towards healthy aging and fall prevention in older adult populations include increasing knowledge and building awareness through events, information resources and social media. These efforts also include skill-building for older adults and personal support workers, so they may recognize and address risk factors in the home. In November 2016, the team worked with local community partners and participated in Ontario’s second annual Fall Prevention Month. Local activities were organized in a coordinated effort to prevent falls and fall-related injuries in older adults.

Healthy Workplace program – Health at Work 4 All!

Health at Work 4 All! and *in motion™* collaborated to host *Active at Work – part two – It Matters More than You Think!* in October 2016. At the workshop, workplace representatives and business leaders from across the Middlesex-London region heard the final results of a two-year study conducted by the Ivey Business School, Western University and Sun Life. The study confirmed that workplace wellness initiatives provided a positive return on investment, and emphasized the most cost effective ways to support employee health and wellbeing. In addition, 10 MLHU program area experts provided presentations about how their program information and resources can positively impact both the health and wellbeing of employees, and the success of a business. Educational workshops such as this are offered to local employers annually through the *Health at Work 4 All!* and *in motion™* partnerships.

Health
at Work 4 All!

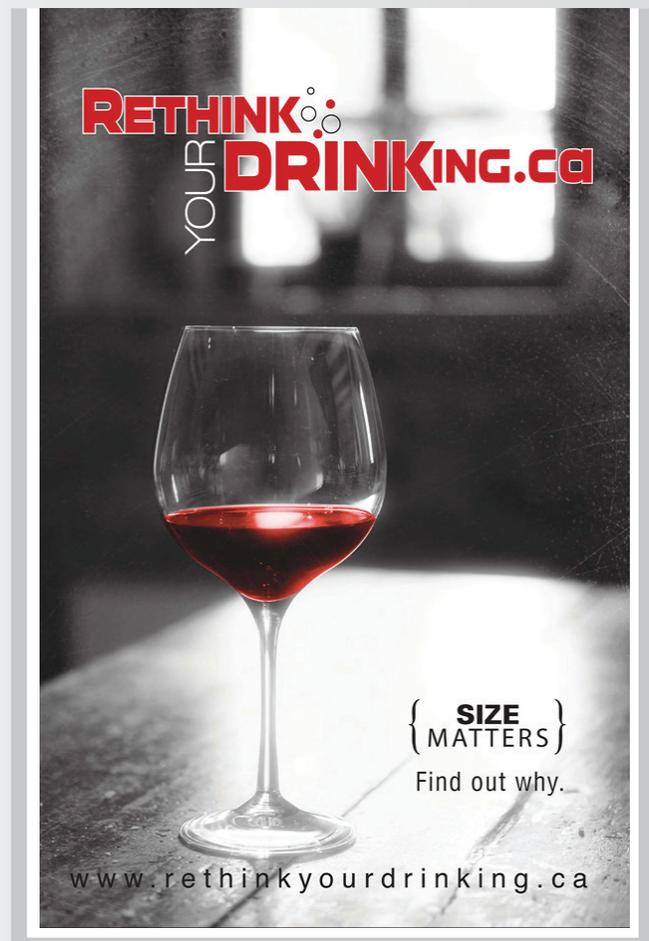
MIDDLESEX-LONDON HEALTH UNIT

Healthy Community Design

The built environment and community design have direct impacts on physical, mental & social wellbeing. Healthy communities include neighbourhoods where residents can use active transportation such as walking, cycling or public transit to access commercial, educational, employment and recreational places and spaces. MLHU staff provided input on several City of London plans in 2016, including; The London Plan, the Cycling Master Plan - London Bikes, the Thames Valley Parkway, municipal park improvements and several development projects.

Alcohol

According to the World Health Organization, alcohol is the 3rd most significant risk factor for disease and disability, resulting in some 3.3 million deaths worldwide each year. It also accounts for about \$14.6 billion each year in direct costs in Canada, such as law enforcement and healthcare as well as indirect costs like lost productivity. With the expansion of alcohol sales in Ontario, these issues continue to be a concern for public health. The MLHU works with other Ontario health units and provincial partners to promote Canada's Low-Risk Alcohol Drinking Guidelines through the *Rethink Your Drinking* website and campaign. The campaign encourages moderation and aims to reduce the short and long-term risks associated with alcohol consumption.



BEST BEGINNINGS TEAM

The *Nurse-Family Partnership* (NFP) and the *Healthy Babies Healthy Children* programs received media attention in the early fall of 2016, when an article focusing on the programs and the important role they play was published in local media.

Nurse-Family Partnership

The MLHU is working in partnership with McMaster University, the City of Toronto (Public Health Division), the Regional Municipality of York (Public Health Branch), the City of Hamilton (Public Health Services), and NFP International (University of Colorado), on the *Canadian Nurse-Family Partnership Education Project*. Funding is provided by the Local Poverty Reduction Fund, and participating health units. This project aims to develop, pilot, and evaluate a Canadian model of education for Public Health Nurses and Supervisors responsible for implementing the program. The NFP program is an intensive home-visiting program for young, low-income, first-time mothers, which has been shown to improve pregnancy outcomes, as well as child health and development, and improve maternal achievement in education and employment. The pilot program is expected to begin taking clients in early 2017.





Healthy Babies Healthy Children

For its part, the Healthy Babies Healthy Children Team has connected with more than 4,000 women during pregnancy, shortly after giving birth, and in early childhood; and has provided home visits to more than 1,000 families at risk for possible challenges that can affect healthy infant and child development. The program provides screening, assessments, home visiting, and service coordination to support parenting and to promote optimal growth and development.

Support through the program begins during pregnancy and continues until children transition to school.

Screening, Assessment and Intervention

Hearing screening and *Healthy Babies Healthy Children* screening for new mothers at London Health Sciences Centre was combined in 2016, and is now done by Public Health Nurses, creating a seamless experience for families.

Throughout 2016 the Screening, Assessment and Intervention Team was actively involved in local planning related to Ontario's *Special Needs Strategy*. Once implemented, the strategy will be better able to support children and youth with special needs, and help them get the timely and effective services they need at home, at school and in the community, as they transition to adulthood.

2016 Screening, Assessment and Intervention Program Highlights:

- 1,092 new referrals for tykeTALK; children waited four weeks from referral for an assessment; the average age of referral was 29 months
- Speech and language services provided to approximately 3,020 preschool-aged children
- 92% (10,539) of newborn babies had their hearing screened through the Infant Hearing Program
- 40 babies were identified with permanent hearing loss; families were provided with follow up support and links to services including audiology and speech language pathology
- 30 babies were identified as being blind or having low vision and were referred to the Blind Low Vision Early Intervention Program
- 100 children and their families received home supports and services through the Blind Low Vision Early Intervention Program and the MLHU's Early Childhood Vision Consultants

FOOD SAFETY AND HEALTHY ENVIRONMENTS TEAM

The summer of 2016 was hot. Very Hot. Record setting temperatures and 22 Heat Alert days bathed the London and Middlesex County region in what came to be called the hottest summer ever. In early July, the MLHU joined many health units across the province in launching the new *Harmonized Heat Warning and Information System*. This system standardized the heat and duration criteria that would trigger heat-related warnings and set out the core activities for health units to undertake when communities experience periods of high temperatures over extended periods of time.

The Healthy Environments team also created an online video designed to encourage people to seek relief from the sun and to drink plenty of water when summer weather settles over the region.

On the food safety front, the team conducted 4,638 inspections at 2,468 food premises located in London and Middlesex County, including 4,283 routine inspections, 298 re-inspections and 57 inspections undertaken following a public complaint. As a result, Public Health Inspectors issued a total of 43 tickets; 33 for non-compliance with the Food Premises Regulation, and 10 others for infractions against local bylaws. In addition, Public Health Inspectors also ordered seven establishments to be closed.

In 2016, there were also 2,471 Food Handlers trained through sessions delivered by MLHU partners in the community. Food premises are required under London and Middlesex County bylaws to have at least one certified Food Handler on duty at all times the business is in operation.



SAFE WATER, RABIES AND VECTOR-BORNE DISEASE TEAM

Vector-Borne Disease program

Despite low overall numbers, possibly due to the mostly hot and dry summer, mosquitoes collected from traps in South London and Mount Brydges tested positive for West Nile Virus in 2016. But when it came to mosquito-related diseases in 2016, the focus wasn't on West Nile, but on Zika Virus. While the tropical mosquitoes capable of carrying Zika are not native to southwestern Ontario, public health officials were somewhat surprised in October when a few mosquitoes and mosquito larvae capable of carrying Zika were found in the Windsor area. Because they are not adapted to a northern climate, it was expected that these mosquitoes would not survive the winter. Still, public health will remain vigilant in its vector-borne disease surveillance and monitoring activities.



Vaccine Preventable Disease Team

In September, the province's Human Papillomavirus (HPV) vaccination program was expanded. For the start of the 2016-17 school year, the scope of the program was increased to include male students. Previously, this program had only been offered to females. In an effort to immunize more young people, and ultimately to increase the chances of preventing cervical cancer, the program was also changed to offer the Gardasil vaccine earlier in Grade 7, rather than only being offered to girls in Grade 8, as it had been previously.

The Vaccine Preventable Disease Team also completed the MLHU's switchover to Panorama, the new provincial immunization records database. The transition to Panorama required a thorough review of the immunization records of thousands of high school age students to determine if there were any duplicate records and to consolidate the proper immunization information.



HEALTHCARE PROVIDER OUTREACH TEAM

Healthcare Provider Outreach Program

Since becoming part of the Health Unit's Communications department in January of 2016, the Healthcare Provider Outreach program has been instrumental in building solid relationships with primary care practitioners across the region. Program staff ensure the consistency of Health Unit messages, as well as sharing program and service information, while providing a feedback mechanism for healthcare providers about MLHU services.

Each year, the team assembles and distributes resource binders to each healthcare practice in London and Middlesex County, which highlight the MLHU programs and services available to their clients. In addition to the binders, the Health Unit issued five newsletters to healthcare providers in 2016, the last three of which were distributed electronically. The newsletters are intended to update healthcare providers about emerging issues, educational opportunities and other relevant information. The team also conducts annual office visits in the fall, in order to solidify relationships with these important public health partners.



2016 Healthcare Provider Outreach Highlights

- 359 office visits to healthcare practitioner practices
- 278 MLHU agency-wide resource binders distributed to local practitioners
- 26,774 MLHU resources distributed to local healthcare providers
- 1,076 Healthcare Providers receive the electronic newsletter
- Worked with local physicians, the Cross Cultural Learners Centre, and the London Intercommunity Health Centre, to provide assistance to Syrian newcomers in connecting with local primary care practitioners.

2016 BUDGET

2016 MLHU Budget

The Middlesex-London Health Unit receives its funding through grants from the provincial government, allocations from The City of London and Middlesex County, funding from the government of Canada and through program-generated revenue. Some of the programs and services offered by the Health Unit are paid for entirely through federal or provincial funding, these are called "100 % funded programs"; while the cost of others, referred to as "Cost-shared programs" is paid for by both the province and the municipalities.

For the second year, the Ontario Ministry of Health & Long-Term Care used a funding formula which takes into account population and equity factors in order to approve the grants it provides to health units. This resulted in approximately \$27 million in additional funding for public health programs across Ontario. This was allocated proportionally to 10 of the province's 36 health units. The Middlesex-London Health Unit received an additional \$262,430 in base program funding and \$225,100 in one-time funding for activities related to the implementation of the new *Electronic Cigarettes Act* and the province-wide Panorama Immunization program.

Also, for the 12th consecutive year, the Middlesex-London Health Unit did not seek a funding increase from its municipal partners.

This page includes details of the Middlesex-London Health Unit's expenditures in 2016, as well as a breakdown of the funding allocations the Health Unit received for the year.

EXPENDITURES 2016

Cost-Shared Programs:

Mandatory Programs	\$24,437,328
Vector-Borne Diseases	616,000
Small Drinking Water Systems	46,049
CINOT Expansion Program	90,000
	25,099,377

100% Funded Programs:

Infectious Diseases Prevention and Control	1,166,800
Needle Exchange	363,700
Public Health Nursing Initiatives	392,100
Healthy Babies Healthy Children	2,483,313
Smart Start for Babies	152,430
Enhanced Safe Water Initiative	35,700
Enhanced Food Safety Initiative	80,000
FoodNet	160,430
Panorama Implementation	129,700
Shared Library Services	106,526
Healthy Smiles Ontario	692,700
Dental Treatment Clinic	289,312
Smoke Free Ontario	1,082,900
tykeTALK	1,818,374
Infant Hearing & Screening Program	845,886
Blind Low Vision	158,702
	\$9,958,573

Total Public Health Program Expenditures \$35,057,950

1) Cost-shared programs are programs that both the municipalities and the ministry fund.

2) 100% funded programs are programs that are funded 100% from one source.

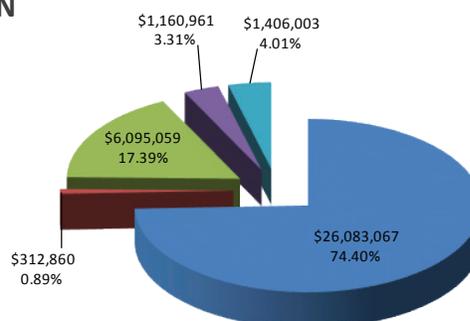
REVENUES 2016

Sources of Funding:

Province of Ontario	\$26,083,067	74.39%
Government of Canada	312,860	0.89%
City of London	6,095,059	17.38%
County of Middlesex	1,160,961	3.31%
Program revenues	1,406,003	4.01%
Total Sources of Funding	\$35,057,950	

MIDDLESEX-LONDON BOARD OF HEALTH FUNDING SOURCES

- Province of Ontario
- Government of Canada
- City of London
- County of Middlesex
- Program revenues



2016 ANNUAL REPORT



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