

EASTERN ONTARIO HEALTH UNIT



ANNUAL REPORT

2010



MISSION STATEMENT

The Eastern Ontario Health Unit promotes and protects the health and wellness of our community by preventing diseases and injuries, and by advocating for a safe and healthy environment through strategic partnerships.

2010 EOHU BOARD MEMBERS

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A WORD FROM THE MEDICAL OFFICER OF HEALTH

2010 was a landmark year for the Eastern Ontario Health Unit, as we celebrated our 75th anniversary as the first county Public Health Unit in Ontario! As part of our celebration, we hosted the Annual General Meeting of the Association of Public Health Agencies (alPha), that focused on Health Communications today. We proudly presented some of our own productions including our commemorative video: “A Pioneering Spirit: 75 Years of Protecting and Promoting Health in Eastern Ontario”. Over time, it is remarkable that through many public health advances and interventions, we have been able to prevent and control serious and potentially deadly infections including food and waterborne illnesses. However, not unlike 1935, our area still has higher rates of certain diseases and conditions than the rest of Ontario. Knowing this, we continue to tirelessly work with our many community partners to address the multiple factors that contribute to these seemingly persistent health disparities.

Another focus in 2010 was child health and wellbeing. We hosted several forums and participated in numerous local and provincial discussions about child health and development. Advancements in neuroscience have reinforced the importance of the first few formative years of life. This is when important stages of a child’s cognitive and behavioral development occur. We know that if children are not supported during this time, they may have long-term health and societal effects. We have started to work with our community partners to plan a region-wide, cross-sector parenting program. One cannot think of a better investment than our children and their future health and wellness. This report will highlight some of our many child health initiatives as well as our other programs.



Dr. Paul Roumeliotis, MD, CM, MPH, FRCP(C)
Medical Officer of Health
Chief Executive Officer

A TRADITION OF COMMUNITY OUTREACH

Throughout the Eastern Ontario Health Unit's 75 year history, we have continually strived to reach the members of our community and empower them with the tools and knowledge to improve and safeguard their health. From providing health education opportunities, to fostering active partnerships within our community, to delivering accessible health services – community outreach has always been a cornerstone of our mission. Here are just a few examples from 2010.

COMMITMENT TO ACCESSIBILITY FOR ALL

The Health Unit is committed to ensuring that our services, resources and buildings are accessible to everyone, including persons with disabilities. As part of our ongoing effort to ensure accessibility, an Accessible Client Service brochure was developed and an accessibility Policy and Procedure was implemented in 2010. Health Unit employees also attended accessibility presentations and online training, and volunteers were given a training guide.

REACHING OUR COMMUNITY THROUGH SOCIAL MEDIA

In late 2010, the Health Unit launched its own Twitter and Facebook pages in order to take advantage of the power of emerging social media trends. Clients who follow us on Twitter or Facebook can now receive real-time messages on a variety of issues including flu clinic schedules, food recalls, or timely health news. Our Twitter and Facebook pages are also a part of our emergency broadcast and alert system, providing an immediate way to reach our followers with important information during an emergency.

PARENTING SYMPOSIUM

In light of recent local research on the social determinants of health and early development indicators, the Health Unit held a Parenting Symposium in June of 2010 to highlight the needs

of children and their families in our community. The most recent Early Development Instrument (EDI) scores indicated that a significant percentage of our community's children scored low on one or more EDI domains compared to the rest of Ontario. One of the results of the Parenting Symposium was the recognition that early intervention is critical to promote and improve our children's health and development, and to reduce risk factors associated with poor developmental outcomes. The symposium was very well attended and will be followed up by more meetings with the aim of implementing a comprehensive parenting and child health strategy among various partners across the five Eastern Counties.

TRAINING FOR CHILDHOOD EDUCATORS, CARE PROVIDERS AND PARENTS

Each year, the Health Unit hosts a number of educational events on child health and development for educators, care providers and parents. In 2010, more than 20 workshops, training programs and presentations were delivered to parents and professionals, addressing topics such as language development, literacy, breastfeeding, nutrition at home, school nutrition and more.



CONTINUING MEDICAL EDUCATION FOR LOCAL HEALTH PROFESSIONALS

In November, the Health Unit partnered with the University of Ottawa to offer a CME-accredited Tuberculosis workshop for physicians and other healthcare providers in our area. Over 50 participants attended the workshop, and evaluations reported that the presentation was well appreciated. We look forward to more such joint initiatives in the future.

OXYCONTIN AND OTHER PRESCRIPTION OPIATES TASK FORCE

In operation since summer 2009, the OxyContin and Other Prescription Opioids task force aims to reduce the abuse of OxyContin and prescription opioids in the Eastern Counties. Initially a partnership between the Cornwall Community Police and the Health Unit, the task force has grown into a 26-partner group with a steering committee and 3 working groups (Community Awareness, Treatment and Support, and Physicians and Pharmacists).

In 2010, the task force was actively involved in a number of successful initiatives including advocacy for more addiction support services in our region, hosting a joint session with local physicians and pharmacists on safe opioid prescribing, and an

FRESH BORN SCHOOL	
Total number of pupils examined	101
Total number of reactors to tuberculin test	46
Total number of pupils with defects	58
made up as follows:-	
Functional cardiac weakness	3
Defective vision	14
Enlarged cervical glands	26
Abnormal tonsils	23
Undernourished	1
Defective nasal breathing	6
Defective posture or gait	3
Enlarged thyroid gland	11
Anemic	2
With evidence of active tuberculosis	0

AVERAGE BORN SCHOOL	
Total number of pupils examined	75
Total number of reactors to tuberculin test	34
Total number of pupils with defects	49
made up as follows:-	
Defective vision	10
Abnormal tonsils	12
Defective nasal breathing	6
Enlarged cervical glands	29
Enlarged thyroid glands	11
Undernourished	3
Defective teeth	2
Defective posture or gait	3
Anemic	3
Skin disease (chicade)	2
With evidence of active tuberculosis	1

Feb.-Mar. 1936.

extensive public awareness campaign in the media. Future plans consist of a community forum, advocacy for increased youth treatment options and further education for physicians on pain management.

SUICIDE PREVENTION SYMPOSIUM

In response to the 2009 Eastern Ontario Injury Report which revealed that the suicide rate for our community is double the provincial average, the Eastern Ontario Health Unit and the Centre for Addiction and Mental Health organized the Our Community: Addressing Suicide Together Community Symposium in 2010. The symposium invited members of the community to discuss the issue of suicide and its underlying circumstances, and explore community-based strategies for lowering the incidence of suicide in the Eastern Counties. Following the symposium, a community coalition with 30 partners was formed to work collaboratively on reducing suicides in our community.

HEALTHY BABIES, HEALTHY CHILDREN

Parenting is a full-time job. At the Eastern Ontario Health Unit, we believe it is our job to provide information, services and support to families with young children so that they have the opportunity to reach their full potential.

PRENATAL CLASSES

Attendance at our prenatal classes continues to grow each year. In 2010, we had a total of 867 participants in our online and group sessions – an increase of 209 participants from 2009, and 560 from 2008. One-to-one prenatal education was also offered for high-risk clients, with a total of 52 participants in 2010.

BABY'S BEST START

A total of 262 nutritional assessments were completed through the Baby's Best Start program in 2010. Baby's Best Start also continues to be an important source of referrals, with 821 referrals to Health Unit programs and 1174 referrals for other community programs this year.

In May, the Health Unit also implemented a medical directive which allows dietitians to dispense prenatal supplements. A total of 77 bottles of prenatal supplements were given to 54 clients this year.

HEALTHY BABIES, HEALTHY CHILDREN (HBHC) PROGRAM

This program, for pregnant women and families with children up to the age of 6, promotes healthy child development to help the youngest members of our community achieve their full potential. It provides information on parenting and child development, offers screening and assessment services, and delivers extra help and support to those families who would benefit.

A key feature of the HBHC program is to assist in early detection and intervention for child developmental problems. The Nipissing District Developmental Screen (NDDS) is an important

screening tool that can help assess a child's growth and development and determine if the child is developing normally. This year, the NDDS was sent on a monthly basis to families with children aged 12, 18, 24 and 30 months, as well as being distributed through Watch Me Grow centres. Public Health Nurses and Family Home Visitors also regularly integrated the NDDS into HBHC's Home Visiting Program.

CAR SEAT SAFETY

In 2010, our car seat safety team held 3 car seat clinics and performed 230 car seat inspections and consultations. More than 90% of inspected car seats were found to be improperly installed. Car seat safety was promoted through bulletins to schools and workplaces, on our website, as well on the Health Matters radio show.

WATCH ME GROW

Watch Me Grow centres continued to be very busy in 2010. Health Unit nurses were available at the centres to immunize and weigh children, answer parents' questions and offer information on parenting, safety issues, breastfeeding, child development and more. In total, our Watch Me Grow centres saw 7747 clients this year – over 200 more clients than in 2009.

PARENTING PROGRAMS

In 2010, 267 parents participated in parenting programs including Nobody's Perfect, Right From the Start, Baby Tales, Fun With Parenting, Between Moms and general parenting presentations.

DAYCARE/NURSERY SCHOOL VISITS

Each year, the Health Unit visits licensed daycares and nursery schools to recommend licensure and to provide consultations on child health, nutrition, immunization and injury prevention. In 2010, a total of 115 visits took place.

PRESCHOOL SPEECH AND LANGUAGE PROGRAM

The Preschool Speech and Language program – Words in Bloom – identifies infants who may be at risk for not achieving their speech and language milestones. These children are then screened by a Speech-Language Pathologist at 18 months of age.

In 2010, 711 children were referred for speech and language services at the Health Unit. The average age of new children registered in the program was 23 months, compared to 26 months last year (the provincial average is 30 months). A total of 655 children were seen for intervention, including individual therapy, group therapy and monitoring sessions.

Our successful speech and language camps continued to expand in 2010. This summer, camps were held in Cornwall, Alexandria, Winchester, Casselman and Hawkesbury, for a total of 60 children (23 more than in 2009). Nearly all children tested post-camp demonstrated new knowledge of phonological awareness skills.



PROGRAM STATS

190 workplaces received preconception and prenatal health pamphlets and fact sheets for their employees

401 families were screened through our Prenatal Screening program; this represents approximately **22.3%** of our birth cohort (the Ministry target is 25%)

5410 visits were made to families through the Home Visiting Program (an increase of **300** visits over 2009)

480 breastfeeding consultations were provided to health professionals and clients

88.4% of families with newborns were contacted by Health Line within 48 hours of discharge from hospital

64% of children in daycares are up-to-date for Polio vaccinations and Diphtheria, Tetanus and Pertussis vaccinations

83% of children in daycares are up-to-date for Measles, Mumps and Rubella vaccinations

672 child health-related calls were received by Health Line

HEALTHY STUDENTS, HEALTHY SCHOOLS

The Eastern Ontario Health Unit is dedicated to providing local students and teachers with health resources and services that help make our schools healthier places to learn.

ENERGIZE AT SCHOOL

The Health Unit's Energize school team works hard to support schools in creating healthy environments that promote quality daily physical activity and healthy eating for all students. This year, they were actively involved in providing support for schools with the new School Food and Beverage Policy (PPM 150) from the Ministry of Education and Ministry of Health Promotion. The team provided training and resources for schools, school boards, food service personnel and parent council members, as well as providing support with implementation for individual schools. They also continued working with community partners to improve capacity and implement healthy living programming for both children and adults.

In 2010, the Health Unit's Energize program was proud to receive the "Keeping Children Out of the Hospital" award from the Children's Hospital of Eastern Ontario (CHEO), in recognition for its work within the community to prevent childhood obesity and overweight.

SCHOOL PUPILS ACT

The Health Unit continued to enforce the School Pupils Act in the 2009-2010 school year. Immunization records were up-to-date for 78% of elementary school students and 82% of high school students.

DENTAL PROGRAM

In the fall of 2010, the Health Unit expanded its dental program to include the new Healthy Smiles Ontario (HSO) program. HSO provides preventive

dental services free of charge to eligible children 17 and under from low-income families who have no dental coverage. This program is being offered in addition to our existing elementary school dental screening program, and the Children In Need of Treatment (CINOT) program, which provides free urgent and essential dental services to eligible children.

The Health Unit has hired additional dental professionals to deliver these services, and will be working in collaboration with the Centre de santé communautaire de l'Estrie and the Seaway Valley Health Centre, as well as the Hawkesbury Hospital, Cornwall Community Hospital and Winchester Hospital. The expanded dental program is expected to be in full operation in 2011, with our dentists and dental hygienists providing services in two operatories at the Seaway Valley Health Centre and Hawkesbury Hospital. There will also be 3 mobile units set up strategically within the five Eastern Counties for families who have difficulty accessing dental services.



YOUNG ADULT CENTRE

This year, within our 7 Young Adult Centre (YAC) sites, we counselled 4316 students on healthy sexuality choices, healthy lifestyles and life skills, pregnancy and more. This is an increase of 181 students from 2009. We also saw 2153 students in 37 school-based YACs. In late November 2010, STI directives were implemented to allow nurses to assess, test and treat people presenting with symptoms of chlamydia or gonorrhoea.

DRUG AWARENESS

In 2010, 552 youths received substance misuse counselling through schools or Young Adult Centres. In elementary schools, the BABES program (Beginning Alcohol and Addictions Basic Education Studies) reached 1079 students in 39 schools, and more than 2000 Grade 6 students participated in our Racing Against Drugs initiative. Games and resources aimed at substance misuse prevention were also distributed to elementary and high schools throughout the Eastern Counties.

TOBACCO INDUSTRY DENORMALIZATION PRESENTATIONS

Our youth-oriented presentations include information on tobacco industry involvement in movies and third world countries, as well as product promotion to youth and women. This year, we delivered 50 presentations that reached 1593 youth in the Eastern Counties.

SAFE GRAD ACTIVITIES

Once again, the Health Unit partnered with students and community stakeholders (OPP, RCMP, Ambulance Services, and more) to organize activities promoting a safe graduation. In total, 24 high schools and 2120 students participated in Safe Grad activities including presentations, mock collisions and eulogies, displays and “drop dead” style events.

PROGRAM STATS

7932 students were screened for dental health issues in **105** schools; of these students, **583** were referred for treatment

836 clients were seen in the Health Unit’s Oral Health Community Clinics in 2010, up from **651** in 2009

283 children were referred to the Children in Need of Treatment (CINOT) program; **1171** CINOT claims were processed

1187 Ontario Works child dental claims were processed

836 students participated in the It’s OK To Be Different! series aimed at preventing verbal and physical bullying among children under 6 years of age

202 presentations on puberty, contraception, STIs and healthy relationships were provided to **4526** students from Grades 5 to 8, an increase of more than **1400** students compared to 2009

76% of eligible Grade 7 students received Hepatitis B immunization

61% of Grade 8 female students received all 3 doses of the HPV vaccine

78% of Grade 7 students received the Meningococcal vaccine

220 Brief Contact Interventions were provided to youth by school nurses, and

440 Brief Contact Interventions were provided to youth at YAC clinics

371 youths participated in helmet safety checks

549 students took part in the Health In Perspective (HIP) program

101 principal and staff meetings were attended by Health Unit employees

HEALTHY PEOPLE, HEALTHY COMMUNITIES

The Eastern Ontario Health Unit strives to foster healthy living in each community that it serves. In our opinion, being healthy means more than just being free of disease. It means maintaining a high quality of life – today, tomorrow, and always.

ENERGIZE IN THE COMMUNITY

The Energize team continues to work with key community leaders to promote and implement physical activity and nutrition initiatives in the Eastern Counties. 2010 saw a number of achievements in which Energize team members were involved:

- A pedestrian and cycling master plan was developed in Cornwall.
- A physical activity forum was held with key stakeholders across SD&G. A new SD&G physical activity network was formed following the forum.
- The All Things Food committee held a Healthy Eating, Healthy Children forum for community partners. The goal was to motivate partners to offer healthy food choices to children during their community events.
- The new activity dome in Alexandria was inaugurated, and a number of different sports clubs were established.
- The Little Chefs Summer Camp was held in both Winchester and Cornwall, teaching children 6 to 12 years old about healthy meals and snacks.
- Energize indoor soccer evening activities were organized in Casselman.
- A geocaching activity was held during the 2010 Dairyfest.
- 166 youth participated in the Cornwall Community Triathlon – a 67% increase over 2009!

GREEN FOOD BOX

Our successful Green Food Box program continued to expand in 2010. Green Food Boxes containing

affordable fresh fruits and vegetables were distributed in 6 communities this year (up from 4 in 2009): North Dundas, South Dundas, Cornwall, Bourget, Rockland and Hawkesbury. Up to 180 boxes are distributed at wholesale prices each month, at each site.

GLEANING

The Gleaning Project is an initiative organized by the Health Unit in partnership with several community agencies. The aim of the program is to provide a way for people living on lower incomes to obtain fresh produce in a way that preserves dignity, promotes self-reliance and strengthens community spirit. This year, nearly 50 gleaners picked raspberries and apples valued at over \$1300, free of charge. A portion of the produce was donated to Centre Agapè and Place Aimé Group Home.

REVITALIZE

This healthy lifestyle coaching program was developed for at-risk clients who are referred to us by local doctors or the University of Ottawa Heart



Institute. Clients can join a 10-week, 5-session program where they are taught how to create a healthier lifestyle, or a 3-month, 15-session program for individuals at high risk for cardiovascular disease. In 2010, there were a total of 119 referrals of clients to the Revitalize program from doctors.

BUTTING OUT

In 2010, the Health Unit reached 299 participants with presentations or courses on tobacco cessation, tobacco prevention and the dangers of second-hand smoke. In addition, 334 clients (including 79 pregnant smokers) took part in Brief Contact Interventions for support in quitting smoking. Also in 2010, the Health Unit once again promoted the Driven to Quit Challenge, in partnership with the Canadian Cancer Society. Total entries for the Challenge from the EOHU region were 446, with the average age of entrants being 43.

INFLUENZA IMMUNIZATION CLINICS

2010 saw a decrease in the number of seasonal influenza vaccines given at community and weekly office clinics, compared to 2008 and earlier (2009 numbers were also low, likely due to focus on the H1N1 vaccine and late availability of the influenza vaccine). This decrease has been noted in all of Ontario. In 2010, the Health Unit immunized 1271 individuals at the office clinics, and 11 235 at our mass community clinics.

INJURY PREVENTION

In 2010, community partnerships and coalitions remained a fundamental component of the Injury Prevention program. The Health Unit's Injury Prevention team attended a total of 36 community coalition meetings on topics such as prescription opiate abuse, safe grad/drinking and driving, car seat safety and training, ATV safety, falls prevention and more. Three presentations were made to the community on the issue of intentional injuries, with 125 participants. In addition, 22 injury prevention/substance misuse presentations were delivered to 439 youth.



Also this year, a Falls Prevention Through Physical Activity committee was formed in partnership with Centre de santé communautaire de l'Estrie and the new Seaway Valley Health Centre, targeting the active senior at home and seeking out physical activity resources and tool kits for seniors. Twelve presentations about falls prevention were delivered to 344 people.

SEXUAL HEALTH

The total number of sexually transmitted infections (STIs) reported in 2010 was higher (364) than that seen in 2009 (307). An increase in the number of cases of STIs each year has been a persistent trend over the last several years. Chlamydia remains the most frequently reported STI. For the second year, young women between the ages of 20-24 made up the largest number of cases. Among both sexes, the highest incidence of cases of chlamydia remains in the 15-24 age range.

In the late fall of 2010, medical directives were implemented to assess, treat and dispense medications for clients presenting with signs and symptoms of sexually transmitted infections. This initiative is an important step towards improving access to STI testing and treatment in our jurisdiction, particularly for the 19-24 year-old age group.

EARLY DETECTION OF CANCER

In 2010, the Health Unit promoted the importance of screening and early detection through newspaper columns, the Health Matters radio show, public service announcements, workplace e-bulletins, displays, posters and pamphlets. The focus remained on OBSP and OCSP, however all cancers detectable by screening were promoted, including skin cancer, colorectal cancer, prostate cancer and testicular cancer. The Health Unit also held a Pap test clinic for women without access to a physician, in collaboration with the Centre de santé communautaire de l'Estrie.

FOOD SAFETY

In 2010, the Health Unit conducted a total of 1841 inspections and 290 re-inspections. In addition, 85 food complaint follow-ups were performed. Food items were seized and destroyed on approximately 36 occasions. The Health Unit also participated actively in three Class 2 food recalls this year.

In 2010, the Health Unit developed a Special Events food safety package, including a guidance document for event organizers and an information package for vendors at those events. A Mobile Food Preparation Premises information sheet was also developed for mobile premises. For the general public, a campaign on outdoor food safety was launched during the summer.

This year we certified 331 food handlers (including 63 people from the general public and 36 high school students) through our Food Safety Certification Program. We were also delighted to be able to offer a Food Safety Certification session in Cantonese in collaboration with Ottawa Public Health.

SAFE DRINKING WATER

The Health Unit protects the health of our community by issuing drinking water advisories for municipalities and public places when tests reveal the presence of harmful bacteria or chemical products in public drinking water systems. Throughout 2010, 42 Water Advisories were issued and rescinded, with 15 in effect at the end of the year.

The Health Unit also offers free water testing to private households that draw their drinking water from a well. In 2010, 9658 drinking water sampling bottles were distributed to well water owners, and 7490 were sent to the Public Health Laboratory.

SAFE RECREATIONAL WATER

The Health Unit's beach management program includes weekly water samplings, postings and lifting of postings. This year, we had a total of 22 postings and 19 liftings. The Health Unit managed 7 beaches exclusively, while 8 were managed in collaboration with the St. Lawrence Park Commission. Four private beaches open to the public were monitored as well.

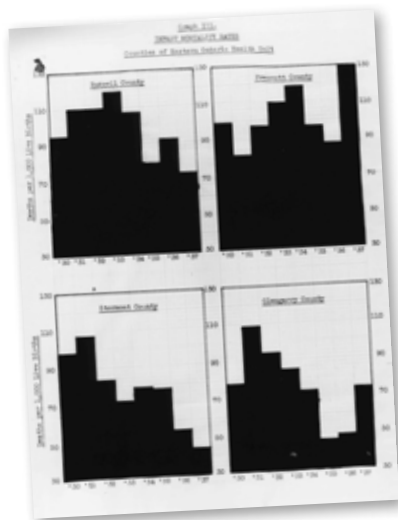


The Health Unit also continued to inspect public pools throughout the area. There were 137 inspections of 68 outdoor pools, 10 indoor pools, 15 wading pools and 22 whirlpools/spas in the Eastern Counties. The Health Unit was also actively involved in consultations and inspections at the new Calypso Waterpark.

HEALTH LINE

Health Line is a free and bilingual telephone service for residents of the five Eastern Counties. It provides information about healthy living, travel precautions, immunization, Health Unit programs and services, and more. In 2010, Health Line received 14 786 calls. The majority of calls were concerning:

- travel information (3754 calls)
- postnatal referrals (2041 calls)
- rabies (1822 calls)



Weekly Return of Communicable Diseases to the Department of Health of Ontario
for week ending *Oct 15 2010*, County *Fussell*, Municipality *Fussell*

NAME OF DISEASE	Cases	Deaths	NAME OF DISEASE	Cases	Deaths	NAME OF DISEASE	Cases	Deaths
Actinomycosis			CONJUNCTIVITIS			PERIPHERAL SEPTICAEMIA		
Anthrax			EPIDEMIC			Rabies		
Angiostrongylus (Hookworm)			Infections or			Rabies - Mammals		
			Epidemic Jaundice			Scarlet Fever		
Bordetella			GERMAN MEASLES			Septic Bone Thrust		
CEREBRO SPINAL MENINGITIS (Meningococcal)			Glanders			SMALLPOX		
Chancroid			LEPROSY			SYPHILIS		
CHICKENPOX			Malaria			Tetanus		
CHOLERA (VIBRIOSIS)			Malpuyant Cholera			Trachoma		
Cholera (Vibrio cholerae)			Malaria or Unobtain			Trachoma		
Cryptosporidium (Cryptosporidiosis)			Fever			Trachoma		
DIPHTHERIA			MEASLES			Typhoid		
Dysentery (Amoebic)			MEASLES			Typhoid		
Dysentery (Bacterial)			PARATYPHOID FEVER			Typhoid		
Encephalitis (Lethargic)			PLAGUE			WHOOPING COUGH		
Erysipelas			PNEUMONIA			Yellow Fever		
			ACUTE LOBAR			No. of Deaths from all of these		
			BRONCHIAL					
			POLYOMYELITIS					

Sec. 22, Public Health Act, 1917, requires a weekly return of cases and deaths from communicable diseases by Secretary of Board of Health to the Department. Send card even if no cases.

[Signature]
Secretary of Health
Post Office

PROGRAM STATS

334 clients took part in a Brief Contact Intervention (an increase of 12% over 2009)

13 information sessions on sexual health, STIs and contraceptives were provided to parents and agencies, with **134** participants

5793 travellers visited our immunization clinics

9291 vaccines were given at Health Unit office clinics

556 vaccines were given through Young Adult Centre (YAC) clinics

93% of residents in long-term care homes were immunized against influenza (**1461** residents)

52 cases of Hepatitis C and **104** cases of Hepatitis B were reported

0 new cases of pulmonary TB were reported in 2010 (down from **6** in 2009)

63 respiratory and enteric outbreaks were reported and followed up

2763 dogs and cats were immunized at our annual rabies vaccination clinics

13 individuals received post-exposure prophylaxis (PEP) for rabies, mainly due to bat exposure; **0** animals tested positive for rabies

53 ticks were submitted for identification; **4** tested positive for Borrelia Burgdorferi (the bacterium that causes Lyme disease), double the number from 2009

3 animal cases of Lyme disease were reported in 2010; there were no human cases that tested positive

HEALTHY EMPLOYEES, HEALTHY WORKPLACES

The Eastern Ontario Health Unit is dedicated to nurturing the health and well being of local employees by providing employers with useful workplace health strategies.

We believe that everyone deserves a productive, respectful and supportive work environment where they feel respected and valued.

WORKPLACE HEALTH PROMOTION

The theme for this year's Workplace Health Workshop was "Enhancing health and well-being in your workplace through nutrition and physical activity". The workshop was attended by 43 participants, and 14 workplaces were recognized with Workplace Health Awards for their outstanding efforts to encourage employees to develop and maintain a healthy lifestyle.

ON THE GO ONTARIO

This physical activity challenge enjoyed another successful year in 2010 with close to 400 participants from 43 workplaces.

HEALTH AND WELLNESS DAYS

Several of our larger workplaces include the Health Unit in planning annual health and wellness days for their employees. Some examples from 2010 include a presentation on sodium by Health Unit dietitians (attended by 120 employees at one workplace), consultations with the Health Unit to organize a Nutrition Month bulletin board and a healthy recipe book project, and "Lunch and Learn" events on nutrition.

ADMINISTRATION

When promoting the health of the community, the best place to start is right at home.

Here are just a few of our many successes from 2010.

OUR EMPLOYEES

As of December 31, 2010, there were 149 active full-time employees and 43 active hourly employees for a total of 192 active employees at the Health Unit. During the year, 30 new (or replacement) employees were hired, including:

- 9 permanent full-time employees
- 1 permanent part-time employee
- 3 temporary full-time employees
- 1 temporary part-time employee
- 17 casual employees

VOLUNTEERS IN ACTION

The Health Unit is fortunate for the many ways in which our volunteers contribute to and support our efforts. This year, 160 hardworking volunteers contributed 6829 hours of their time. As always, the Health Unit is profoundly grateful for their energy, skills and dedication!

EPIDEMIOLOGY, RESEARCH AND EVALUATION

Our epidemiology, research and evaluation team gathers data and identifies trends that help the Health Unit develop and improve its public health programs and policies. Local survey results and

reports are shared with Health Unit employees and with the community through presentations and the “Reports” section of the Health Unit website.

Achievements in 2010 include:

- A major update of the Eastern Ontario Health Indicators
- Data collection, analysis and reporting for the Maternal and Child Health Study (PRIME) on perinatal and postnatal experience in the Eastern Counties
- Implementation of the Youth Risk Behaviour Survey (continuing into 2011), covering topics such as physical activity, nutrition, body image, tobacco, substance misuse, injury prevention, sexual health, bullying, mental health issues, and satisfaction with Health Unit services
- Completion of the H1N1 report, covering a wide range of events relating to the pandemic, including syndromic surveillance activities, hospitalization, mortality, and vaccination coverage rates
- An online Violence in the Workplace survey and a Staff Needs Assessment survey for Health Unit employees



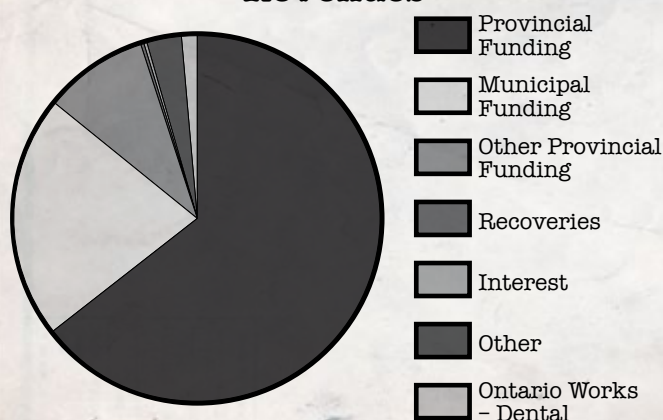
EMPLOYEE SAFETY

The Health Unit is committed to protecting the safety of its employees. In response to new Bill 168 legislative changes amending the Occupational Health and Safety Act regarding workplace harassment and violence in the workplace, the Health Unit carried out an online survey to assess the extent to which staff have experienced any form of violence in or outside the workplace. This information was incorporated into updated advice and recommendations in the 2010 EOHU Stay Safe Employee Handbook, which was distributed to all employees.

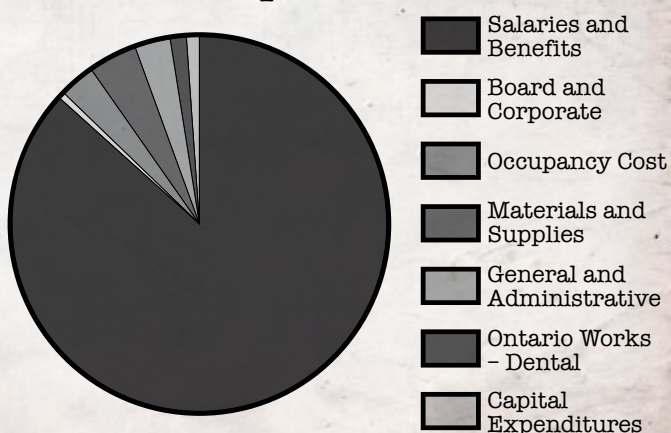
In addition, a physical inspection was completed in each office. An environmental assessment tool was used to assess the risks in each location, and results were reviewed to determine organization goals and individual actions plan for each office.

2010 REVENUES AND EXPENDITURES

Revenues



Expenditures





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Your health... our priority | Votre santé... notre priorité