

TO: Chair and Members of the Board of Health

FROM: Christopher Mackie, Medical Officer of Health

DATE: 2015 September 17

SUMMARY INFORMATION REPORT FOR SEPTEMBER 2015

Recommendation

It is recommended that Report No. 55-15 re Information Summary Report for September 2015 and the attached Appendices be received for information.

Key Points

- The Naloxone Program is a finalist for the Collaboration Award from the Pillar Nonprofit Network. This program distributes the antidote to opioid overdose to people who participate in our harm reduction programs, and is delivered in partnership with several local agencies.
- The Middlesex-London Health Unit provided input to the Ministry of Health and Long-Term Care (MOHLTC) on the proposed regulations that will be drafted to support the [amendments to the Smoke-Free Ontario Act \(SFOA\)](#) and the [enactment of the Electronic Cigarette Act \(ECA\)](#).
- [Harvest Bucks](#), a farmers' market vegetable and fruit voucher program administered by the Health Unit, had a successful third year and was supported by strong community partnerships. Adding a Middlesex County farmers' market location for 2016 is a program priority.
- Community physical activity challenges can be effective in motivating individuals to become physically active. The inMotion™ Community Challenge, happening October 1 to 31st, 2015 with links to tips, information, the tracker and the app found on www.inmotion4life.ca.
- The Health Unit continues to work collaboratively with local and provincial partners to engage at-risk youth and other priority populations in community-based programs and research designed to increase food literacy and improve healthy food preparation among those at risk for poor health.

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.

Pillar Award Nomination for Naloxone Program

On September 2nd, The Naloxone Program was announced as a finalist for the 2015 Pillar Community Innovation award in the Community Collaboration category, which recognizes outstanding examples of collaboration within our community. The announcement is a reflection of the dedication, hard work and efforts of the Middlesex London Health Unit, Regional HIV/AIDS Connection, London Intercommunity Health Centre and the London Area Network of Substance Users. The Naloxone Program provides pocket-sized overdose prevention kits and training to people who are at risk of opioid overdose. To date, over 80 people have received training and kits, resulting in at least 6 successful overdose reversals, saving the valuable lives of the recipients. Although several other Ontario communities have implemented naloxone distribution programs, the partnership nature of The Naloxone Program in London and Middlesex is unique. Leveraging

existing resources has maximized capacity and reach of the program and availability of naloxone for people who need it most.

The Pillar Community Innovation Awards will be announced and presented on November 25th at the London Convention Centre.

Input Provided to the MOHLTC on Proposed Regulations for SFOA and ECA

The passing of the *Making Healthier Choices Act* enabled the enactment of the *Electronic Cigarettes Act (ECA)* and amendments to the *Smoke-Free Ontario Act (SFOA)*. Regulations are now being drafted by the MOHLTC to support the enforcement of the *ECA*, and regulatory amendments are being drafted for Regulation 48/06 under the *SFOA*. The Health Unit provided input to the MOHLTC on the proposed regulations attached to this report as [Appendix A](#) (Comments on the Proposed Changes to Ontario Regulation 48/06 re: *Smoke-Free Ontario Act*) and [Appendix B](#) (Comments on the Proposed Changes to Ontario Regulation under the *Electronic Cigarettes Act*).

Harvest Bucks

Based on data collected to develop the *Eating Well with Canada's Food Guide* recommendations, 89% of Middlesex-London residents do not eat enough fruits and vegetables. [Harvest Bucks](#), a farmers' market voucher program administered by the Health Unit, helps to increase local access to and consumption of fruits and vegetables. In 2014, \$17,738 Harvest Bucks were distributed by 17 community programs to 536 London households with \$13,014 (73%) redeemed. Attached to this report as [Appendix C](#) is the Harvest Bucks 2014 infographic. Adding a Middlesex County farmers' market location is a program priority; however, to ensure Harvest Bucks are utilized, participating markets must be located in communities with organizations that have an interest in purchasing or applying for sponsored Harvest Bucks for use within community-based programming. The participating market manager or delegate must also fulfill certain requirements related to vendor education and reimbursement. We have had communication through our community partners with the Strathroy Farmers' Market, given its ideal location, and are hopeful that the Market will commit to participating for the 2016 operating year.

In Motion Community Partnership

In 2013 and 2014, the Middlesex-London *in motion*TM Community Partnership implemented the *in motion*TM Community Challenge. The Challenge encourages residents to be physically active and provides them the opportunity to track their physical activity minutes while being a part of a larger community initiative. The 2015 *in Motion*TM Community Challenge will be bigger and better. This year's objective is to increase the number of participants taking part in the Challenge and to encourage sustained physical activity. Multi-sectoral community partners are contributing to a variety of promotional strategies and grassroots mobilization that will enhance the 2015 Challenge message. Physical inactivity continues to be a public health concern in our community. The *in Motion*TM Community Challenge is one strategy in a comprehensive approach aimed at increasing the awareness of our community about the importance of physical activity in the prevention of disease and promotion of health. Watch a [television promotion](#) for the 2015 Challenge.

Food Literacy Programming Remains a Priority within Public Health

The Health Unit continues to work collaboratively with a number of residential group homes for at-risk youth delivering food literacy activities. Notably, "*My Balanced Plate*" (attached as [Appendix D](#)), a resource to assist group home staff and residents to achieve healthy eating goals, was created with direct input and feedback from youth in care and staff from a local group home. The purpose of this resource is to provide an active daily reminder to youth in care (aged 14-17 years) of the number of servings required from each food group, examples of appropriate serving sizes and healthy snacks, and a gentle prompt to increase physical activity and reduce sedentary activity daily. Provincially, Cycle 4 funding from Public Health Ontario's Locally Driven Collaborative Projects has been directed towards the creation of a reliable and validated measurement tool to assess food literacy among a defined high risk population in Ontario. Twenty-six public health units, including the Middlesex-London Health Unit, are participating in this research project. Dr. Heather Thomas, R.D., Public Health Dietitian, represents the Health Unit on the project and is a member of the core research team directing the development and implementation of this project. Progress will be provided to the Board of Health through future reports.



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