

Peel Health Shaping Peel's PUBLIC HEALTH



In 1999, our activities that helped you live safely and in good health in the Region of Peel included:

- conducting 4,540 inspections of food premises in Peel
- providing counselling to 10,000 mothers seeking breastfeeding advice
- investigating environmental health hazards
- providing counselling on infant and child care to 13,700 new mothers
- screening 28,000 children in our dental program
- vaccinating 11,250 school children against Hepatitis B

Moving **FORWARD**



Message from the Commissioner

I am pleased to share with you information about our programs and services. It is both rewarding and challenging to serve the needs of the growing Peel Region. We have recently made many changes to our services and programs in an effort to provide the best possible service to you. We are committed to making sure that our programs are accessible to all residents of Peel, regardless of your age, gender, ethnicity or physical or mental ability. Health is the base on which we build all other aspects of our lives. Our role is to provide the leadership and community support with an emphasis on health promotion, illness prevention and environmental protection to build healthy dynamic communities in the Region of Peel. After you read through our report, I invite your input and feedback to help us serve you better and make Peel the healthiest place to live in Canada.

Peter H. Graham



Message from the Medical Officer of Health

Many factors determine how healthy we are – education, income, employment, nutrition, substance use, physical activity, access to health services, and a safe and healthy environment. Opportunities for health vary greatly among residents of Peel Region.

This report highlights a few of the many programs we offer to promote and protect health. Many of these programs are developed and offered in cooperation with other agencies and individuals in our community.

We welcome your input in identifying health needs and solutions for health problems in our community. Please send us your ideas on how to build a safe and healthy community.

Dr. David McKeown

Introducing **OURSELVES**

Peel Health, like all public health units in the province, is governed by the Health Protection and Promotion Act and must provide a minimum level of public health programs and services in specified areas. The Mandatory Health Programs and Services Guidelines of the Ministry of Health and Long Term Care, issued in 1997, sets out the programs for all boards of health.

Regional Council, made up of 21 elected members from the Cities of Mississauga, Brampton and Town of Caledon, is Peel's Board of Health. With an operating budget of \$21.6 million in 1999, Peel Health spent \$23.10 per person. In 2000, based on an operating budget of \$24.6 million, the department will spend \$25.68 per person.

Health Line Peel **ONE LINE FOR ALL PUBLIC HEALTH SERVICES**

Call Health Line Peel at **(905) 799-7700** and access all public health programs through one number. Staff will be available to answer all of your public health questions from 8 a.m. to 5 p.m., Monday to Friday. Voice messaging is available after hours.

Last year, Peel Health handled almost 60,000 calls. With our new and improved service, Health Line Peel, we expect to respond to even more of your questions this year.

You can reach Peel Health at **(905) 799-7700**, or visit our web site at www.region.peel.on.ca. Caledon residents may still call **(905) 584-2216** and long-distance callers can call toll free at **1-888-919-7800**.

Peel Board of Health

Emil Kolb	Regional Chair
Rhoda Begley	City of Brampton
Lorna Bissell	City of Brampton
Christine Cooper	Town of Caledon
Carmen Corbasson	City of Mississauga
David Culham	City of Mississauga
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Peter Robertson	City of Brampton
Carol Seglins	Town of Caledon
Ian Sinclair	Town of Caledon
Richard Whitehead	Town of Caledon

Valuing Children and **FAMILIES IN PEEL**

There is powerful new evidence that how we parent our children in the early years has a long lasting impact on children's health, behaviour and wellbeing. The Family Health Division of Peel Health wants to help you nurture your baby and provide the positive stimulation that is vital to healthy growth and development.

If you are a new mom, you have probably already received a phone call from a Public Health Nurse as part of the provincially-funded, province-wide Healthy Babies Healthy Children Program. We call every new mom in Peel. That's 13,700 calls a year! We offer all moms a home visit to provide education and counselling. Breastfeeding help is always in high demand. For longer term support, we provide the assistance of a peer advisor, known as a Family Visitor.



Partnerships are Key to Our Success

We work with community groups, hospitals, physicians, neighbourhood centres and boards of education. One example of a strong partnership is the Success by Six in Peel coalition of community agencies promoting the best possible development of all children by age six. The coalition helped develop Havenwood Place, a resource centre for young children and families at Havenwood Public School in Mississauga. It's a place where parents can meet other parents, play with their children, and learn about parenting and resources available in the community.

Coalitions such as Success by Six in Peel allow us to share resources so that we can help more people more effectively. Another approach that we find very effective is to reach people where they work. Family Health is working with nine major corporations in Peel to increase awareness of preconception and prenatal health issues.

If you are thinking about starting a family, you can count on Family Health for support.

We provide:

- ❑ Preconception education to inform and encourage people in their childbearing years to adopt healthy lifestyle practices before and during their pregnancy.
- ❑ Prenatal education to teach expectant parents how to prepare for and care for a newborn baby.
- ❑ Healthy Start, a prenatal nutrition supplement program for women who are finding it difficult to make ends meet. Assistance with housing, child care and other services in their neighbourhood is also available.
- ❑ A confidential teen prenatal program to help teenagers connect with the community supports they need.

Volunteer **RESOURCES**

As we head towards 2001, the official **International Year of the Volunteer**, Peel Health is looking for dedicated people who want to get involved in building a healthy community in the Region of Peel. Peel Health has a very strong volunteer team of 400 people of all ages and backgrounds. In 1999, our volunteers donated 50,000 hours to our community. No wonder they have earned a reputation as exceptional people!

Peel Health's volunteers may find themselves visiting those recovering from an illness, providing support to parents needing help with a new baby or assisting in the

HeartMobile. Clients of all ages, cultures and social backgrounds benefit through our network of caring volunteers. Many adults and developmentally delayed children benefit from the companionship provided by volunteers. A little friendly support can make a world of difference to an isolated individual.

As a volunteer, be prepared to contribute a minimum of three hours per week for three months. Your placement will usually be close to your home. Join us and experience the benefits of volunteerism. Call Health Line Peel at (905) 799-7700.

Sexual Health and **COMMUNICABLE DISEASE**

Peel Health is proud to be a partner in **AIDS Awareness Week**. In 1999, Peel Health, Peel HIV/AIDS Network and the Peel District School Board held an educational event for Peel high school students to help them increase their awareness and knowledge of HIV and AIDS. The goal of the workshop was to educate students and give them the opportunity to go back to their schools and plan local activities. What resulted in schools across Peel were student-led activities which included speakers, classroom teaching to junior grades, lunch and learns, and healthy sexuality clinic displays. Peel Health will continue to work with schools to promote understanding and awareness of sexual health matters among teenagers.



Influenza Vaccine Promotion 1999/2000

Through their publicly funded vaccine program, Ontario's Ministry of Health provides the flu vaccine, free of charge, to individuals at high risk of influenza. Peel Health promotes the availability of the publicly funded flu vaccine through an annual promotional campaign. The campaign reaches residents and staff of all nursing homes, homes for the aged and long-term care facilities in Peel, as well as individuals aged 65 and up, and those who are at high risk of influenza due to chronic illness.

Our 1999 campaign resulted in a 17 per cent increase in our flu vaccine distribution.

For confidential counselling and clinical services, visit one of our six Healthy Sexuality clinics. We offer a range of products and services, including:

- ❑ Various birth control methods at reduced cost
- ❑ Diagnosis and free treatment of sexually transmitted infections
- ❑ Anonymous HIV/AIDS testing and counselling
- ❑ Pregnancy testing
- ❑ Education on sexual health, relationships and counselling about abstinence

Reaching Peel's **MOST VULNERABLE**

Peel Health, together with the Regional departments of Social Services and Housing and Property, brought warmth, care and compassion to our homeless population.

The Region's shelter in Brampton served 295 homeless individuals between January and April of 1999.

An additional 220 people were served in November and December 1999.

This year, we are piloting an Outreach Project, aimed at bringing support services to those individuals who do not wish to come to the Region's two shelters, one located in Brampton and the other in Mississauga.

The Sexual Health and Communicable Diseases division provides:

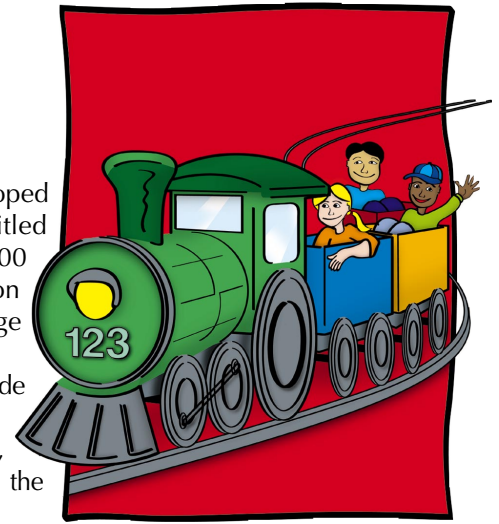
- ❑ Healthy sexuality clinics at various locations throughout Peel
- ❑ Control of infectious diseases and management of disease outbreaks
- ❑ Hepatitis B immunization for Grade 7 students
- ❑ Vaccine distribution to Peel doctors

Taking Care of **OUR CHILDREN**

In 1999, Peel Health, with our partners in Peel Children's Services, developed a health and resource publication for licensed daycare centres in Peel. Entitled *Keep on Track*, this comprehensive guide was distributed to nearly 400 licensed facilities and allied agencies in Peel. It contains key information about health and safety issues, child behaviour, speech and language development.

Keep on Track will help your licensed child care provider continue to provide the safest and most stimulating environment for your child.

In addition, all child care providers in Peel now have, through *Keep on Track*, all the information they need to meet requirements for immunization records, the control of infectious disease, and food safety.



Youth and **TOBACCO**

The law prohibits the sale or supply of tobacco to anyone under the age of 19. You've seen these signs everywhere that tobacco is sold in Ontario. The Tobacco Control Act is designed to reduce tobacco use, particularly among the young people, and to limit exposure to second-hand smoke.

Health inspectors from the Environmental Health Division ensure compliance with the law in Peel's 1,400 establishments that sell tobacco. Inspectors educate vendors about the Act and provide them with the signs they must display.

Important points to remember about the Tobacco Control Act:

- ❑ A young person cannot buy cigarettes. The vendor is not permitted to sell to anyone under the age of 19 and could be fined for doing so.
- ❑ The vendor must ask for proper identification from a customer when age is in doubt.
- ❑ The only types of identification that are acceptable under the law are an Ontario driver's license, a

Canadian passport, a Canadian citizenship card, a Canadian Armed Forces ID card or a photo card issued by the LLBO.

- ❑ Adults who buy cigarettes for young people are breaking the law and may be fined.
- ❑ Tobacco cannot be sold in pharmacies, hospitals or other health facilities, or from vending machines.
- ❑ Cigarettes cannot be sold in packages of less than 20.
- ❑ A first time tobacco sales offence can result in fines up to \$4,000 for a person and up to \$10,000 for a corporation.
- ❑ By fulfilling their responsibilities under the law, retailers make a vital contribution to the future health of Ontario's young people.
- ❑ It's a fact that people who begin smoking at a young age become addicted and may significantly shorten their life from tobacco related disease.

The Environmental Health Division **ALSO HANDLES ISSUES RELATING TO:**

- ✓ Air quality in Peel
- ✓ Food safety, including restaurant inspections
- ✓ Environmental hazards
- ✓ Health and safety of public swimming pools
- ✓ Animal diseases such as rabies
- ✓ Enforcement of the Tobacco Control Act

Healthy **LIFESTYLES**

What would a healthy Peel look like in 2010?

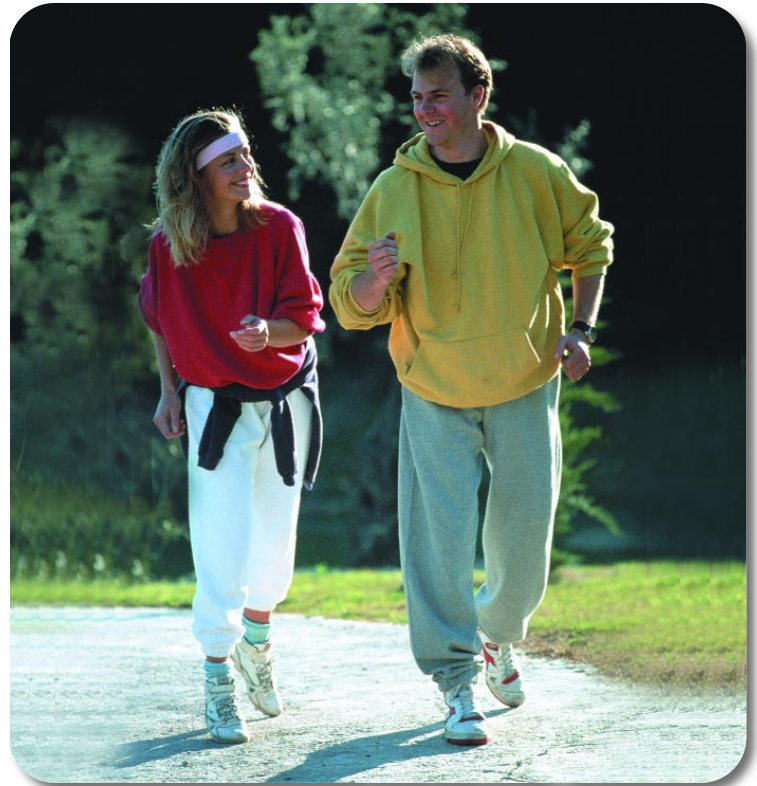
- All homes and public places would be smoke-free. Currently, 80 per cent of adults are often exposed to second-hand smoke in social or public settings.
- Adults would be physically active 30 minutes a day four days a week. Peel residents are not active enough.
- All women over 50 years of age would have mammograms.
- All children would ride in properly installed car seats.
- Our communities would be violence-free.
- Fewer deaths would result from heart disease, cancer, diabetes and injuries.

We have started to make a difference in the health of our residents by working with our partners in schools, workplaces and the community.

- ❑ We bring our HeartMobile and healthy workplace programs to companies across Peel.
- ❑ Our dental program staff screen over 28,000 elementary students a year.
- ❑ Our team works with students, teachers, and parents in schools on issues such as bullying, healthy eating, physical activity, substance abuse prevention, healthy body image, parenting, healthy relationships and smoking prevention.
- ❑ We help families with a child or teen with a developmental disability to find appropriate community supports.

A few of the resources we provide to you include:

- ❑ Passport to Heart Health
- ❑ Canada's Food Guide to Healthy Eating
- ❑ Canada's Physical Activity Guide to Healthy Active Living
- ❑ A *Workout With Ticker* children's physical activity video
- ❑ Information on quitting smoking and smoke-free homes
- ❑ Car seat safety clinics
- ❑ Information on preventing falls in seniors



- ❑ Our Community Food Advisors bring the message of "Nutritious Eating for Healthy Aging" to older adult groups throughout the region.
- ❑ We are helping to create safe communities through child car seat clinics, safe playgrounds for kids, seniors' falls prevention clinics, and violence prevention activities.

Equal **ACCESS**

Peel is a diverse community. We do our best to make sure that all Peel Health programs are made as accessible as possible to all residents of Peel, regardless of where you live in the region, your age, race, gender, sexual orientation, ethnicity, or physical or mental ability.

If you have suggestions on how we can improve access to our programs, we would appreciate hearing from you. Your comments are important to us. Please contact us by calling Health Line Peel, or log onto our website at www.region.peel.on.ca and send your input to us over the Internet. You can also write to us at:

Until December 2000

Peel Health
Region of Peel
150 Central Park Dr., Ste. 307
Brampton, ON L6T 2T9

As of January 2001

Peel Health
Region of Peel
44 Peel Centre Dr.
Brampton, ON L6T 4M8