



BOARD REPORT

Friday November 19, 2010

PROGRAM REPORT NOVEMBER 2010



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We work with the Grey Bruce community to protect and promote health.

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HEALTHY COMMUNITY DEVELOPMENT

The Cost of Eating Well in Grey Bruce - The Nutritious Food Basket

Food is a basic human need required for health; however, for many people, the cost of food can be a barrier to health. The Nutritious Food Basket is a tool to measure of the cost of basic healthy eating based on current nutrition recommendations from *Eating Well with Canada's Food Guide* and average food purchasing patterns reflective of the *Canadian Community Health Survey 2.2*.

Food costing is used to monitor both affordability and accessibility of foods by relating the cost of the food basket to individual or family incomes. The Nutritious Food Basket report is a policy and advocacy tool to raise awareness about the cost of healthy eating and to assess the adequacy of social assistance rates or minimum wage incomes.

The *2010 Nutritious Food Basket Survey* found that it costs \$166.64 per week (\$721.55 per month) to feed a reference family of four (two parents, two children) in Grey Bruce.

Using the table (insert), you can estimate the cost of a Nutritious Food Basket for up to 22 age and gender groups.

Bed Bugs

Reports of bedbug infestations in rental housing accommodation continue to increase. The situation is not unique to Grey Bruce; municipalities throughout Ontario are grappling with this difficult problem. In response to reports of bedbug infestations, Grey Bruce Health Unit staff provides information to tenants and landlords about prevention and treatment.

Bed bug fact sheets have been developed and are available on our website:

[Bed Bug Fact Sheet](#)



M. Potter, Department of Entomology,
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Debate continues within the public health community about whether bedbug infestations should be considered a “health hazard” as defined in the *Health Protection and Promotion Act*. The Ministry of Health and Long-Term Care has recently taken an interest in this debate. The Ministry is currently organizing brainstorming sessions with health units in order to explore issues and options associated with the problem. Staff of the Grey Bruce Health Unit will be participating in these sessions.

CLIENT SERVICES

School Based Sexual Health Clinics

Ministry objectives for the sexual health program include:

- 1) Providing clinical services for priority populations to address contraception, comprehensive pregnancy counselling, sexually transmitted infections (STI) and blood-borne infections.
- 2) To collaborate with community partners, including school boards, to increase supportive environments to promote healthy sexuality and access to sexual health services.



These objectives are achieved through school-based sexual health clinics where the priority population (youth) are present and have access to our services. Working in a partnership with the school board, who provides the clinic space, the services are delivered in a supportive environment.

There was a 37% decrease in the teen pregnancy rate in Grey Bruce coinciding with the development of high school-based sexual health clinics. Over the first five years of the program, the teen pregnancy rate, in females 15-19 years, reduced to 1.99% from 3.2 % in 1998, when the first clinic was introduced. In 2009, a total of 2,211 client contacts took place at our high school-based clinics. This past September, a new clinic was added at West Hill Secondary School in Owen Sound, bringing to ten the number of high school-based clinics throughout Grey Bruce.

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The pregnancy rate for 15-19 years old in Grey Bruce is 0.7% higher than the Ontario average although less than comparative rural areas. This may be a factor of access to school-based sexual health clinics. Following through on the trends seen with the initial introduction of clinics, it is anticipated that increasing clinic access in schools will further reduce the teen pregnancy rate.

The rising Chlamydia rates seen nationally are being reflected Grey Bruce as well. There were 295 Chlamydia cases in Grey Bruce in 2009; up from 234 cases in 2008. This demonstrates the need for pregnancy and disease transmission prevention and treatment efforts targeting priority populations. School-based clinics are almost certainly an important means to offer these services.

Parents in Action Help Parents Meet Their Children's Basic Needs

The way we care for our children in their earliest years has a profound impact on how productive, resilient, compassionate and confident they will be as adults. *(McCain & Mustard, 2002)*

Parents in Action is a 12 week parenting course designed to help families in crisis who need intensive guidance on how they can meet their children's basic needs. Developed and run in partnership with the Children's Aid Society, this course is unique in that it offers both a protection and a public health perspective.

Participants get information and ideas to support building parenting skills. Topics covered include discipline, building self-esteem, proactive parenting around substance use, managing anger, sibling rivalry, preventative health, nutrition, community resources, growth and development, and safety. Participants are encouraged to complete a homework book they receive to help guide them and to apply their new knowledge as they work through the course.

Parents in Action is divided into a fall session concentrating on children ages 0-5, and a winter/spring session specific to children ages 5-12. Separating and focusing the courses on defined ages makes it easier for participants to relate the information to their children.

The fall session, which began at the end of September, has 38 parents of preschool-aged children participating. For this past winter/spring series, 18 parents of school-aged children completed the course.



Travel Health Services

To protect travelers against infectious diseases, travel health services are available to residents of Grey Bruce. Services include both information and immunizations.

A country-specific information package is prepared and mailed to each client. The package provides details on required and recommended vaccinations, malaria recommendations and personal protective measures. This travel package can be requested through the public health website, over the telephone or in person. Ideally, the request should be made when planning a trip and at least six weeks prior to the departure date.

As of October 1 of this year, 200 travel packages have been prepared. In 2009, 405 travel packages were provided to Grey Bruce residents.

Public health immunization clinics in Owen Sound, Walkerton and Port Elgin provide both routine and travel related vaccinations. This health protection service has been positively viewed by the residents and health care professionals in Grey Bruce. Physicians will regularly refer their international bound patients to public health immunization clinics.



ENFORCEMENT/RESEARCH/SURVEILLANCE

Workshop: Preventing Illness & Infection in Health Care Settings

On October 27, the Grey Bruce Health Unit hosted a workshop, *Preventing Illness & Infection in Health Care Settings*, with the goal to increase participants' infection control knowledge and improve outbreak management.

Four highly regarded infectious disease specialists presented to 67 participants from organizations across Ontario including hospitals, pharmacies, long-term care facilities, physicians' offices, public health and First Nation health centres. Specific topics included:

- A new approach to controlling super bugs.
- Strategies to prevent healthcare-associated infections.
- Clostridium Difficile: microbiology and challenges.
- Best practices for the management of Clostridium Difficile in long-term care.



This workshop was organized and sponsored by Huronia Practitioners of Infection Control (HUPIC), a chapter of the Community and Hospital Infection Control Association – Canada; dedicated to promoting excellence in the practice of infection prevention and control. The Grey Bruce Health Unit is represented on HUPIC.

Nutritious Food Basket—Survey 2010



Follow these steps to estimate the weekly cost of a Nutritious Food Basket for your household. An example is provided.

Step 1: Write down the age and gender of each person you are feeding.

Step 2: Using the *Weekly Cost of Eating Well* table, write down the weekly food cost for each person.

Step 3: Add together the weekly food cost. This is your *subtotal*.

Step 4: It costs a little more (per person) to feed a small group and a little less to feed a large group. Use the following adjustments for group size:

- 1 person: multiply by 1.20
- 2 people: multiply by 1.10
- 3 people: multiply by 1.05
- 4 people: multiply by 1.00
- 5-6 people: multiply by 0.95
- 7+ people: multiply by 0.90

Step 5: To calculate your monthly estimate, multiply the weekly total by 4.33.

The Weekly Cost of Eating Well in Grey Bruce			
Age/Gender	Cost per week	Age/Gender	Cost per week
		Children	
Males		B2-3	\$22.08
Age Group		G2-3	\$21.65
9-13y	\$37.77	B4-8	\$28.48
14-18y	\$53.23	G4-8	\$27.61
19-30y	\$51.38		
31-50y	\$46.46	Pregnancy	
51-70y	\$45.00	<18y	\$43.14
Over 70y	\$44.54	19-30y	\$43.47
		31-50y	\$42.42
Females			
Age Group		Lactation	
9-13y	\$32.36	<18y	\$44.88
14-18y	\$38.67	19-30y	\$46.08
19-30y	\$39.79	31-50y	\$45.03
31-50y	\$39.34		
51-70y	\$34.91		
Over 70y	\$34.36		

Example		
Gender	Age	Cost
Male	31-50y	\$46.46
Female	31-50y	\$39.34
Boy	14-18y	\$53.23
Girl	4-8y	\$27.61
Subtotal		\$166.64
Subtotal X adjustment factor		X 1.00 (no change)
Total		\$166.64 per week
X 4.33		\$721.55 per month

Your Household		
Gender	Age	Cost
Subtotal		
Subtotal X adjustment factor		
Total		\$ per week
X 4.33		\$ per month