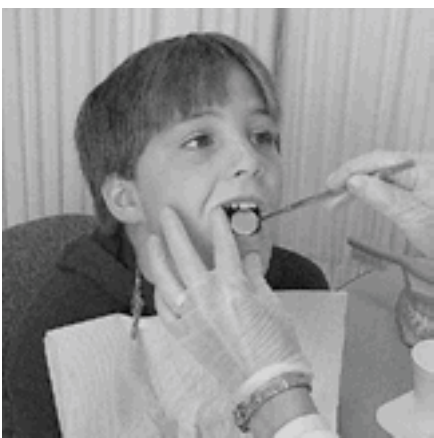




PUBLIC HEALTH

GREY BRUCE HEALTH UNIT



Promoting Wellness

As public health practitioners we work to promote and protect health and well being, to prevent disease, to ensure a safe and healthy environment and to advocate for healthy public policies and programs.

We do this through constant monitoring of the community's health, looking at indicators such as birth rate, death rate and disease incidence. We examine potential years of life lost to death or disease. Environmental indices that measure the quality of the air, drinking and recreational water, and soil are monitored. We use demographic indicators to understand Grey and Bruce Counties' population in terms of age, gender and ethnic backgrounds as well as sociological factors such as income, education and family status. Lifestyle, behaviour and risk factor information is reviewed and programs are planned to promote healthy patterns.

Out of this process we have developed the programs that you see: rabies control, vaccination clinics, food handler courses, sexual health clinics, Let's Grow program, dental screening, Eat Smart!, physical activity promotion, the smoke-free bylaw initiative and so many more.

We work with individuals, families, and communities while providing provincial and federal health surveillance services. By educating individuals and mobilizing groups of people, we work to create a healthy community – a community that manages its own health.

Ontario spends less than one cent of every medicare dollar on public health programs. Yet money spent preventing illness greatly reduces health care and social costs. Every dollar spent on public health saves taxpayers \$3 to \$10. More importantly, money spent on public health prevents the human suffering, and premature death, that comes with sickness, injury and unhealthy living conditions.

With the community as our partner, Public Health provides leadership in assuring good health through the programs listed in this brochure. Please call us. We work for you.

Dr. Hazel Lynn
Medical Officer of Health

Beth Anne - Low Risk Drinking



Debby - Sexual Health



Louise - Family Health



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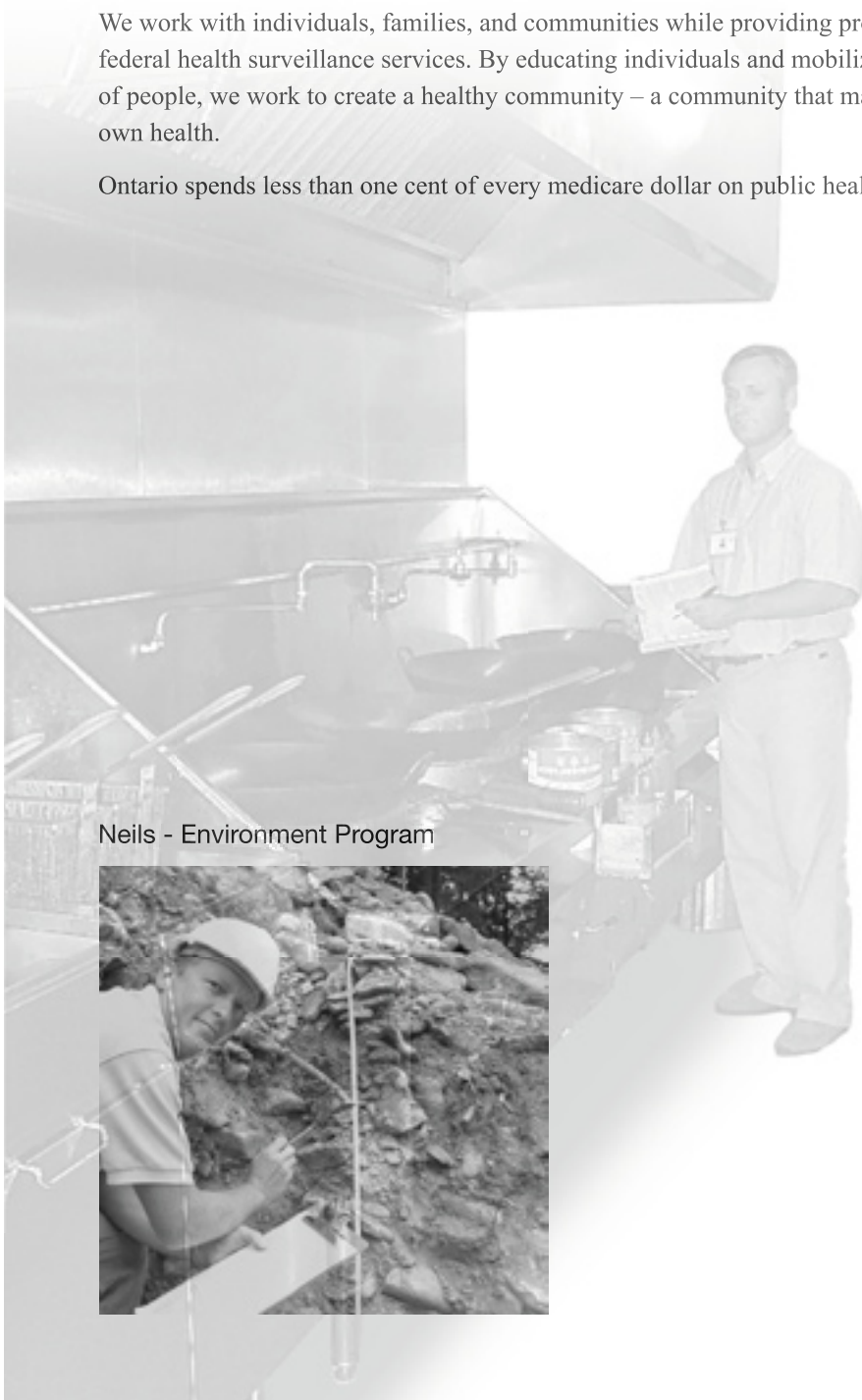
Working Behind the Scenes

The goal of Public Health is to prevent disease, injury and substance abuse, to promote wellness and a healthy environment, and to protect the health of our community. Public Health: Preventing disease, promoting health, protecting you.

By preventing diseases and injuries and by promoting healthy lifestyles, Public Health helps people live long, productive lives. Yet, very few people are fully aware of all that Public Health does. That is because we operate behind the scenes in safeguarding the health of the community.

With the community's help, Public Health keeps diseases like measles, influenza, tuberculosis, and chlamydia under control. We strive to prevent heart disease, obesity and eating disorders, cancer, babies born with spina bifida, tooth decay, low birth weight babies, rabies outbreaks, unwanted teen pregnancies, falls in the elderly and so much more. We ensure our water remains pristine, our food fresh and uncontaminated. We try to help people live healthy lives.

Neils - Environment Program



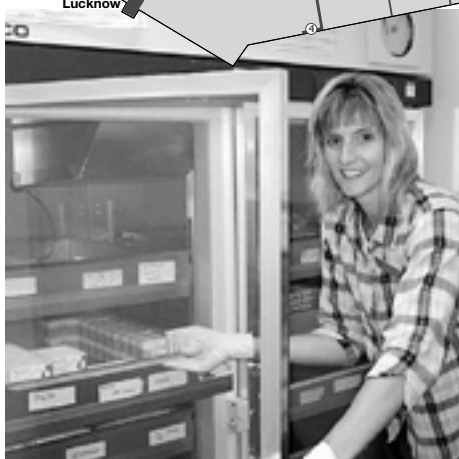
Our dedicated staff works with many local partners such as vets, doctors and teachers.



Marie - Smoking Cessation



Bryan - Water Safety



Cathy - Vaccines



MaryLynn- Heart Health



Judy - Reception

Our people ...and some of what we do

The Grey Bruce Health Unit is a team of public health professionals serving Grey and Bruce Counties, an area larger than the province of Prince Edward Island, encompassing a population of more than 153,000. Our staff consists of people skilled in disease prevention, nursing, environmental protection, dental care, community coalition building, nutrition and healthy eating, teaching, resource development, health promotion, statistical analysis and more.

We are a non-profit agency funded by local municipalities and the Ontario government and governed by the Board of Health.

- Over 3,000 infection control investigations annually
- 350 'quit smoking' self help booklets distributed annually
- 2,200 tobacco enforcement interactions annually
- 12,000 people immunized yearly
- Over 80,000 chronic disease and injury prevention publications distributed each year
- Over 6,000 high school students participate in drug awareness activities each year
- Approximately 4,000 home visits annually to parents
- Over 2,000 people attend prenatal and parenting classes each year
- 25 agencies work together to coordinate service for families with young children
- 8,000 Good Food Boxes sent to 12 sites each year
- 2,000 people attend sexual health education sessions each year
- About 11,500 school children receive dental screening annually
- 6,000 sexual health client contacts yearly
- 3500 families receive information on healthy child development each year
- Over 1,300 eating establishments inspected annually
- Over 500 sewage system applications approved annually
- Over 500 annual health hazard investigations yearly
- Over 1,000 rabies control initiatives each year
- 500 to 600 rabies investigations annually
- 192 recreational water sites inspected yearly
- 92 public drinking water supplies monitored throughout the year
- 400 to 500 cases of communicable diseases investigated each year



Karen - Healthy Babies



Christina - Food Safety



Lesley - West Nile Virus



Lynda - Nutrition

Promoting

Family health Healthy eating Physical activity Sexual health

- **Family Health - Before and During Pregnancy:** Information on planning and managing a pregnancy → Fetal Alcohol Syndrome Awareness campaign, Folic Acid campaign.
- **Family Health - Babies, Children and Youth:** Parenting information such as discipline, breastfeeding, child safety, growth and development → Healthy Babies Centres, Breastfeeding Buddies, parenting courses, Let's Grow mailout packages.
- **Nutrition:** Information on healthy eating for all ages → Eat Smart! restaurant program, Grey-Bruce Food Security Directory, Keep on Ticking With Low Fat Choices.
- **Physical Activity:** Increasing physical activity → physical activity guides for all ages, walking programs, Rainbow Fun for the very young, Bruce Grey Trails Network.
- **Sexual Health:** Birth control, clinical services, pregnancy testing, sexually transmitted diseases, AIDS, education and resources related to sexual health issues → AIDS Awareness campaign, What's Your Excuse? Health Week campaign.

Protecting

Water Food Environment

- **Safe Water:** Testing drinking water, correcting bacterial problems, inspecting water treatment facilities, pools, spas, and bathing beaches → Boil Water Advisories, Grey-Bruce Children's Water Festival.
- **Sewage Disposal Systems:** Ground water protection through inspection, advisory and educational services → sewage system permits, lot creation assessment, municipal and planning reviews, complaint investigation and assessment of legislative compliance.
- **Food Safety:** Food borne illness prevention, food handler education, enforcement of food premises regulations → food premise inspection, food handler courses, food recalls.
- **Health Hazard Investigation:** Air quality monitoring, investigation of biological, physical and chemical public health hazards → arena air inspections, migrant worker home inspections, emergency response planning for nuclear, bioterrorism, natural disasters, power failures, etc.
- **Tobacco & Health:** Health effects and addiction education, enforcement of the Tobacco Control Act, reduction of exposure to second-hand smoke, information on quitting smoking → smoke-free bylaw development and enforcement for Grey and Bruce Counties, retailer inspection and training.

'Preventing disease, promoting health, protecting you'



Preventing

Disease Injury Alcohol & other drug abuse Family violence Dental disease

- **Cancer:** Early detection and reducing the risk of breast, cervical, skin, lung and other cancers → Ontario Breast Screening Program and Ontario Cervical Screening Program promotion, sun safety initiatives.
- **Heart Disease:** Reducing risk of heart disease with healthy lifestyles: healthy eating, physical activity, smoke-free living → workplace wellness workshops, Women & Heart Disease seminars.
- **Communicable & Infectious Diseases:** Disease, infection and outbreak control in institutions and the community → disease investigation and trend monitoring, West Nile Virus surveillance, tuberculosis control.
- **Immunization:** Vaccination clinics and information for school students, adults and professionals → flu pandemic contingency planning, flu clinics, cold chain monitoring.
- **Traveller Diseases:** Vaccination information for those travelling to other countries.
- **Rabies Control:** Prevention of rabies in humans → investigating animal exposures; enforcing dog, cat and riding horse immunization; rabies vaccination clinics; providing rabies vaccine to doctors; educating children on bite prevention.
- **Injury Prevention:** Preventing injuries associated with motorized vehicles, bicycle crashes, falls in the elderly, alcohol and other drug use and abuse, including prescription and over-the-counter drugs → The Ultimate Party Pact safe party campaign, senior's events, Reduce the Risks drinking awareness campaign, Operation Lookout for impaired driving, What's Your Excuse? alcohol/sexual harm campaign.
- **Family Violence:** Increasing community awareness and training staff that work with families in the community.
- **Dental Disease:** Checking dental health of elementary school children, referral for treatment, promoting dental hygiene.



many ways
to reach us...

Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m.



Owen Sound (Head Office)
920 1st Avenue West,
Owen Sound, Ontario N4K 4K5
Phone: 519-376-9420 or
1-800-263-3456 · Fax: 519-376-0605



Southampton (Branch Office)
162 High Street, P.O. Box 213,
Southampton, Ontario N0H 2L0
Phone: 519-797-2010 or
1-800-230-7719 · Fax: 519-797-5442



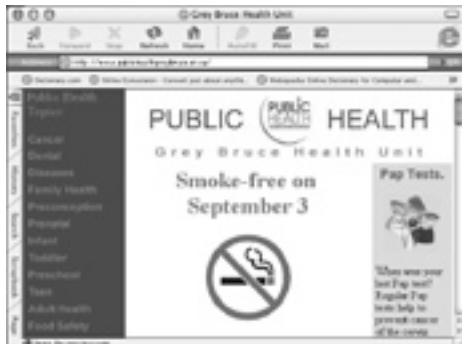
Walkerton (Branch Office)
30 Park Street, P.O. Box 248,
Walkerton, Ontario N0G 2V0
Phone: 519-881-1920 or
1-800-821-7714 · Fax: 519-881-3920



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150 Mill Street, P.O. Box 417,
Durham, Ontario N0G 1R0
Phone: 519-369-3318 or
1-800-394-6643 · Fax: 519-369-6258

on the web...

24 hours a day, seven days a week, information at your fingertips



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