

From: Rachelle Cote <coter@timiskaminghu.com>
Sent: Tuesday, December 11, 2018 11:14 AM
To: City of Temiskaming Shores; Town of Cobalt; Town of Englehart; Town of Latchford; Township of Armstrong & Thornloe; Township of Brethour; Township of Casey/Hudson/Harley/Kerns; Township of Chamberlain; Township of Coleman; Township of Evanturel; Township of Gauthier; Township of Harris; Township of Hilliard; Township of James; Township of KL; Township of Larder Lake; Township of Matachewan; Township of McGarry; Roxanne St. Germain; Township of Charlton & Dack
Subject: THU Board Correspondence
Attachments: Board Minutes-Oct.3.18.pdf; Board Minutes-Nov.7.18.pdf; Q3 BOH Report - 2018.pdf; Youth Tobacco Prevention - Briefing Report.pdf; HERS Briefing Report.pdf

Good morning, the following correspondence is attached for information:

- Board of Health Minutes (October 3, 2018)
- Board of Health Minutes (November 7, 2018)
- Q3 – Board of Health Report

Other items of interest:

- Youth Tobacco Use Prevention Activity Report
- Evaluation Reports: *Healthy Kids Community Challenge* and *Healthy Eating in Recreation Settings*

For distribution as appropriate. Thank you!

Rachelle Côté

Executive Assistant

Secretary to the Board of Health

Timiskaming Health Unit

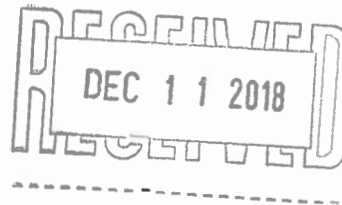
247 Whitewood Avenue, Unit 43

P.O. Box 1090

New Liskeard, ON P0J 1P0

Tel: 705-647-4305 ext: 2254

Fax: 705-647-5779



File ☒ Incoming ☐ Other
 Mayor ☐
 Council ☒ ☐ ☐ ☐
 CAO ☒
 Building ☐
 Finance ☐ ☐ ☐ ☐
 Ec Dev ☐ ☐ ☐ ☐
 Parks & Rec ☐ ☐ ☐ ☐
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MINUTES

Timiskaming Health Unit Board of Health

Regular Meeting held on October 3, 2018 at 6:30 P.M.

New Liskeard – Timiskaming Health Unit Boardroom

1. The meeting was called to order at 6:38 p.m.

2. **ROLL CALL**

Board of Health Members

Carman Kidd	Chair, Municipal Appointee for Temiskaming Shores
Tony Antoniazzi	Vice-Chair, Municipal Appointee for Town of Kirkland Lake
Mike McArthur	Municipal Appointee for Temiskaming Shores
Jesse Foley	Municipal Appointee for Temiskaming Shores
Merrill Bond	Municipal Appointee for Township of Chamberlain, Charlton, Eanturel, Hilliard, Dack & Town of Englehart
Jean-Guy Chamaillard	Municipal Appointee for Town of Kirkland Lake
Sue Cote	Municipal Appointee for Town of Cobalt, Town of Latchford, Municipality of Temagami, and Township of Coleman
Audrey Lacarte	Municipal Appointee for Township of Brethour, Harris, Harley & Casey, Village of Thornloe (<i>teleconference</i>)
Kimberly Gauthier	Municipal Appointee for Township of Armstrong, Hudson, James, Kerns & Matachewan

Regrets

Vacant	Provincial Appointee
Kathleen Bougie	Municipal Appointee for Township of Larder Lake, McGarry & Gauthier
Maria Overton	Provincial Appointee

Timiskaming Health Unit Staff Members

Dr. Monika Dutt	Medical Officer of Health (A)/CEO (<i>teleconference</i>)
Randy Winters	Director of Corporate Services
Kerry Schubert-Mackey	Director of Community Health
Rachelle Cote	Executive Assistant

3. **APPROVAL OF AGENDA**

MOTION #48R-2018

Moved by: Sue Cote

Seconded by: Merrill Bond

Be it resolved that the Board of Health adopts the agenda for its regular meeting held on October 3, 2018, as presented.

CARRIED

4. DISCLOSURE OF PECUNIARY INTEREST AND GENERAL NATURE

None.

5. APPROVAL OF MINUTES**MOTION #48R-2018**

Moved by: Tony Antoniazzi

Seconded by: Jesse Foley

Be it resolved that the Board of Health approves the minutes of its regular meeting held on September 5, 2018 as presented.

CARRIED

6. BUSINESS ARISING

None

7. FINANCE SUB-COMMITTEE UPDATE

The committee met on September 27, 2018, to review the financial overview and variance reports. Chair Kidd informed that management is currently working on the budget process. The draft 2019 budget proposal will be presented to the Finance Sub-Committee on November 29, 2018, and recommended for Board approval on December 5, 2018. Management will be meeting in the next month to discuss FTE and operational expenditures.

8. MOH-CEO REPORT

Dr. Dutt updated the Board on recent program highlights and latest activities. Spent the last month gathering information, meeting community partners and introducing herself to staff in all three offices.

Will be attending some of the candidates nights across the district.

In the next month, Dr. Dutt will be working on the assessment of priorities and begin the discussions around strategic planning with management and staff. Will report and discuss further with the Board at the following upcoming meetings for input on proposed vision/direction.

Will be sending a response to alPha's consultation process by October 8, 2018, in regards to Bill 36, which amends several Ontario statutes, including the SFOA, 2017 and Cannabis Act, 2017, use, promotion, display and sale of cannabis and vaping products.

9. NEW BUSINESS**a. COMMUNITY INFLUENZA VACCINE PROGRAM 2018-2019**

Report distributed for information, including a list of the 2018 Influenza clinics across the district. As of November, THU will continue to offer the vaccine by appointment and on the first Tuesday of the month immunization clinic.

b. **ACTIVE OUTDOOR PLAY POSITION**

MOTION #49R-2018

Moved by: Sue Cote

Seconded by: Kim Gauthier

WHEREAS, the Board of Health acknowledges that active outdoor play supports healthy child development across many domains and over the lifespan, *and* **WHEREAS**, the Board of Health agrees that increasing children's active outdoor play can support in changing the declining physical activity rates among children and youth; *therefore*,

BE IT RESOLVED THAT the Timiskaming Health Unit Board of Health receive the briefing on Active Outdoor Play; *and*

FURTHER, the Board of Health publicly endorses the Position Statement on Active Outdoor Play; *and*

FURTHER, *that the Board of Health direct staff to forward this report to relevant local partners such as municipal government, children's services, education.*

FURTHER, that staff continue efforts that encourage local families and those involved in working with children- at home, at school, in child care and the community- to increase children's opportunities for self-directed active outdoor play.

CARRIED

c. **DIABETES PREVENTION PROJECT**

Report distributed for information.

10. **CORRESPONDENCE**

MOTION #50R-2018

Moved by: Jesse Foley

Seconded by: Jean-Guy Chamaillard

The Board of Health acknowledges receipt of the correspondence for information purposes.

CARRIED

Dr. Monika Dutt and Audrey Lacarte left the meeting at 6:55 p.m.

11. **IN-CAMERA**

MOTION #51R-2018

Moved by: Sue Cote

Seconded by: Kim Gauthier

Be it resolved that the Board of Health agrees to move in-camera at 6:56 p.m. to discuss the following matters under section 239 (2):

- a. In-Camera Minutes (September 5, 2018)

CARRIED

12. **RISE AND REPORT**

MOTION #52R-2018

Moved by: Mike McArthur

Seconded by: Jean-Guy Chamaillard

Be it resolved that the Board of Health agrees to rise with report at 7:04 p.m.

CARRIED

In-Camera Minutes

MOTION #53R-2018

Moved by: Jesse Foley

Seconded by: Merrill Bond

Be it resolved that the Board of Health approves the in-camera minutes of meeting held on September 5, 2018 as presented.

CARRIED

13. **DATES OF NEXT MEETINGS**

The next Board of Health meeting will be held on November 7, 2018 at 6:30 p.m. in Englehart.

14. **ADJOURNMENT**

MOTION #54R-2018

Moved by: Kim Gauthier

Seconded by: Merrill Bond

Be it resolved that the Board of Health agrees to adjourn the regular meeting at 7:05 p.m.

CARRIED

Carman Kidd, Board Chair

Rachelle Cote, Recorder



MINUTES

Timiskaming Health Unit Board of Health

Regular Meeting held on November 7, 2018 at 6:30 P.M.

Englehart – Medical Centre Boardroom

1. The meeting was called to order at 6:38 p.m.

2. **ROLL CALL**

Board of Health Members

Carman Kidd	Chair, Municipal Appointee for Temiskaming Shores
Mike McArthur	Municipal Appointee for Temiskaming Shores
Jesse Foley	Municipal Appointee for Temiskaming Shores
Merrill Bond	Municipal Appointee for Township of Chamberlain, Charlton, Ewanturel, Hilliard, Dack & Town of Englehart
Jean-Guy Chamaillard	Municipal Appointee for Town of Kirkland Lake
Sue Cote	Municipal Appointee for Town of Cobalt, Town of Latchford, Municipality of Temagami, and Township of Coleman
Kimberly Gauthier	Municipal Appointee for Township of Armstrong, Hudson, James, Kerns & Matachewan
Kathleen Bougie	Municipal Appointee for Township of Larder Lake, McGarry & Gauthier
Maria Overton	Provincial Appointee (<i>teleconference</i>)

Regrets

Vacant	Provincial Appointee
Tony Antoniazzi	Vice-Chair, Municipal Appointee for Town of Kirkland Lake
Audrey Lacarte	Municipal Appointee for Township of Brethour, Harris, Harley & Casey, Village of Thornloe

Timiskaming Health Unit Staff Members

Dr. Monika Dutt	Medical Officer of Health (A)/CEO
Randy Winters	Director of Corporate Services
Kerry Schubert-Mackey	Director of Community Health
Rachelle Cote	Executive Assistant

3. **APPROVAL OF AGENDA**

MOTION #55R-2018

Moved by: Jesse Foley

Seconded by: Sue Cote

Be it resolved that the Board of Health adopts the agenda for its regular meeting held on November 7, 2018, as presented.

CARRIED

4. **DISCLOSURE OF PECUNIARY INTEREST AND GENERAL NATURE**

None.

5. **APPROVAL OF MINUTES**

MOTION #56R-2018

Moved by: Mike McArthur

Seconded by: Kim Gauthier

Be it resolved that the Board of Health approves the minutes of its regular meeting held on October 3, 2018 as presented.

CARRIED

6. **BUSINESS ARISING**

None

7. **FINANCE SUB-COMMITTEE UPDATE**

The Management team is currently meeting weekly to prepare the draft 2019 budget. As per previous years, the budget will be balanced at a 0% increase from the ministry and the municipalities. The draft proposal will be presented to the Finance Sub-Committee on November 29, 2018, and recommended for Board approval on December 5, 2018.

8. **MANAGEMENT REPORTS**

ab. The Q3 Board Report and Staff List were distributed for information purposes.

Vision Screening

Discussed the vision screening clinical research study program developed by the McMaster University. Feedback is currently being collected by health units in regards to the process, effectiveness and delivery of the program. There is no present funding to implement this program and no significant resources to complete the study. Equipment had to be purchased and training was provided. THU will be responding to the inquiry to assist in determining the usefulness of the clinical study.

Exit Interviews

It was inquired if staff are given an exit interview upon their resignation. Mr. Winters confirmed that a process is in place.

- c. **Youth Tobacco Use Prevention Activity Reports**
Report distributed for information purposes. Staff sharing their work done regarding tobacco prevention with youth champions in secondary schools.
- d. **Evaluation Reports: *Healthy Kids Community Challenge* and *Healthy Eating in Recreation Settings***
Report distributed for information purposes. Public local evaluations were completed to collect findings to assist in understanding the impacts and the importance of healthy food options where kids are active. Received great participation rates from schools across the district.

9. **MOH-CEO REPORT**

Dr. Dutt updated the Board on recent program highlights and latest activities. Met the Medical Officers of Health across the province at the ALPHA conference on October 30, 2018, in Toronto.

A faculty appointment application has been submitted to offer medical students and residents the opportunity to receive a public health placement/training in the north.

In the process of developing a strategic plan for year 2019-2023. The previous consultant, Clearlogic will be assisting with the process and next steps. Will be holding a Strategic Planning Day for staff on November 28 in Kirkland Lake. The Board will be involved at a later date in January 2019.

Influenza Immunization clinics are ongoing. Immunizations are also available at the physician's office or local pharmacies approved by the Ministry. The tracking of immunization records is more difficult for health units however the goal is to get as many individuals vaccinated as possible to reduce the risk of influenza. A higher dose of the vaccine is available for seniors over 65 years old.

Discussed the climate change project with northern health units. THU is participating into a comprehensive assessment to determine how it is impacting the communities across the north.

10. **NEW BUSINESS**

- a. **PROVINCIAL APPOINTEE**
MOTION #57R-2018
Moved by: Merrill Bond
Seconded by: Jesse Foley
The Board of Health recommends to have Kim Gauthier appointed as a provincial appointee and to have the BOH secretary forward the application.

CARRIED

11. **CORRESPONDENCE**

MOTION #58R-2018

Moved by: Sue Cote

Seconded by: Kathleen Bougie

The Board of Health acknowledges receipt of the correspondence for information purposes.

CARRIED

Discussed the current issue of the reverted requirement to provide a medical note for sick days. ALPHA and OPHA are planning to submit a joint letter regarding the negative impacts and the benefits to have the obligation taken away. Dr. Dutt to follow up with the proposed letter for the Board to support or recommend a different approach.

Maria Overton left the meeting at 7:06 p.m.

12. **IN-CAMERA**

MOTION #59R-2018

Moved by: Merrill Bond

Seconded by: Mike McArthur

Be it resolved that the Board of Health agrees to move in-camera at 7:07 p.m. to discuss the following matters under section 239 (2):

- a. In-Camera Minutes (October 3, 2018)
- b. Expense Reimbursement

CARRIED

Dr. Dutt, Randy Winters and Kerry Schubert-Mackey left the meeting at 7:10 pm.

13. **RISE AND REPORT**

MOTION #60R-2018

Moved by: Kim Gauthier

Seconded by: Jesse Foley

Be it resolved that the Board of Health agrees to rise with report at 7:37 p.m.

CARRIED

In-Camera Minutes

MOTION #61R-2018

Moved by: Sue Cote

Seconded by: Merrill Bond

Be it resolved that the Board of Health approves the in-camera minutes of meeting held on October 3, 2018 as presented.

CARRIED

14. **DATES OF NEXT MEETINGS**

The next Board of Health meeting will be held on December 5, 2018 at 6:30 p.m. in New Liskeard. A Board of Health dinner will follow at Ali's Bar & Grill at 7:00 p.m.

15. **ADJOURNMENT**

MOTION #62R-2018

Moved by: Mike McArthur

Seconded by: Kathleen Bougie

Be it resolved that the Board of Health agrees to adjourn the regular meeting at 7:41 p.m.

CARRIED

Carman Kidd, Board Chair

Rachelle Cote, Recorder

Report Content

- On Our Radar
- THU in Action - Our Stories
- [General & Program Highlights](#)
- [Upcoming Events](#)
- [HR Update](#)

On Our Radar

The Smoke-Free Ontario Act (SFOA) 2017 came into effect on October 17. THU is working with stakeholders across Timiskaming to support understanding of the new legislation, changes where needed and encourage those who would like to take further initiative to reduce harm related to exposure of smoke and vapour from tobacco or cannabis. Staff are updating the THU website with resources and reaching out to key stakeholders with related information.

Timiskaming Health Unit in Action

Our people – our stories.

We know the food that is around us has a large impact on what we eat. Timiskaming Health Unit staff are partnering with local recreation centres to enhance healthy food options available through the [Healthy Eating in Recreation Settings](#) initiative. With active support from municipal councils, staff and concession operators, arena users have greater opportunity to eat well where they play.

Everyone has a role to play in helping our communities be healthy. Leading up to the recent municipal elections and leveraging work done by the Association of Local Health Units, THU staff supported a [district-wide awareness campaign](#) about the role that local governments play in affecting the health of their communities, and to encourage community members to *Make Health a Priority* and vote in the election.

General Highlights

The third quarter report highlights some of the many programs and service activities of the Timiskaming Health Unit. In addition to these activities staff are significantly invested in ongoing assessment, planning and evaluation to ensure that local public health is responsive to current and emerging needs and that our practices emphasize continuous quality improvement.

Foundational Standards

Population Health Assessment

In Q3 staff began the process of determining which of the many health data information gaps THU should address with our one-time funding to conduct local data surveillance. A local population health survey will be conducted by the Rapid Risk Factor Surveillance System beginning in January 2019.

Health Equity

Staff prepared a letter from the Timiskaming Board of Health to the premier, ministers of children, community, social services and health and long-term care advocating for them to reconsider cancelling the basic income pilot, maintaining the planned social assistance rate increases, and act on the recommendations from the Income Security Roadmap.

Research, Knowledge Exchange, Communication, Quality and Transparency

Staff worked with Public Health Ontario and an Ethics Review Board for ethics approval for local research on *Lived Experience of Opioid Use in Timiskaming*. The process for ethics approval for such research is significant and staff were pleased to receive final approval in Q3.

Emergency Preparedness – Health Hazards

It is never known when an emergency situation or a health hazard may occur. Unfortunately, in September a transport crash in the Temagami area caused an emergency response, and put local residents and cottage owners at potential risk. Diesel fuel leaking from the transport prompted a call to the Ministry of Environment and Climate Change (MOECC). In this process, the local public health system is also notified and works in partnership with the MOECC to determine if there are any potential human health hazards. In this situation, some of the diesel fuel had spilled into a local water body. Although undetermined initially, if there were people who used the water source as drinking water, a notification was given to all home and cottage owners in regards to the situation and the Timiskaming Health Unit issued a “Do Not Drink” advisory. As further investigation took place, it was verified that fortunately nobody had used the water for drinking. The MOECC took water samples and continued to do so until the situation was clear and the “Do Not Drink” order was lifted.

Chronic Disease Prevention and Well-Being

This quarter saw promotion of Active Outdoor Play for children and youth. The campaign includes messaging for both warm and wintry weather, earned media and social media, as well as direct supports to childcare centres, parents and schools. The campaign continues into fall and winter this year.

The Fresh Start lifestyle balance program is being implemented for the second time in partnership with local family health teams, CMHA, municipalities, and hospitals as part of our work to prevent type 2 diabetes and lower risk for heart disease.

After its success in Temiskaming Shores, Q3 saw the launch of the Healthy Eating in Recreation Settings project in partnership with the Town of Kirkland Lake and Carter’s Canteen. They will be working

together through the fall and winter to promote healthy options at the canteen and explore the feasibility of making them a permanent feature.

In collaboration with “Le Centre des petits explorateurs” childcare agency and the Healthy Kids Community Challenge, THU supported the delivery of *You’re the Chef!* During the month of August 15 childcare attendees participated in this 6 session food literacy program. The aim of the program is to help develop the skills and confidence necessary for children, youth and adults to prepare healthy and tasty recipes emphasizing vegetables and fruit.

Substance Use and Injury Prevention

Now that cannabis has been legalized in Canada, THU staff continue their work to promote awareness of Canada’s Lower Risk Cannabis Use Guidelines and to support parents in talking to children and youth about cannabis and other substance use. Work will continue into Q4 to support community partners in doing their part to minimize harms related to all substance use.

Road safety continues to be an important area of collaborative work that focused in Q3 on school bus safety with the annual implementation of Young Rider Day in Kirkland Lake and Temiskaming Shores. Work also continues in the area of highway safety with social media sharing of highway closures and delays, learning and discussion about highway safety issues. THU staff have joined the St. Michel School’s traffic committee to provide public health support to discussions about road safety around the school.

Healthy Growth and Development

Staff have been working on planning to ensure effective local interventions related to family health which includes work on communication campaigns for topics within reproductive health, child health and Healthy Babies Healthy Children. Other Q3 highlights for this program area include the following:

In September, staff participated in the **Fetal Alcohol Spectrum Disorder (FASD)** day in collaboration with Brighter Futures and North Eastern Ontario Family and Children Services to raise awareness about alcohol during pregnancy. On the ninth day of the ninth month of the year, the world remembers that during the nine months of pregnancy a woman should abstain from alcohol.

THU staff have been working with EarlyON centres and will be participating in the **Baby Bump parties** across the district. These celebrations are a great opportunity for expectant mothers and their supports to learn about THU services.

Preparations are underway with local partners in planning **National Child Day** interactive activities across the district. Since its inception in 1993, National Child Day (November 20th) has made a commitment to ensure that all children are treated with respect and dignity and that children have every opportunity to reach their full potential.

As part of a community initiative, local partnership work has been underway between **Healthy Babies Healthy Children (HBHC)** program staff, the Temiskaming Hospital, the Temiskaming Midwifery practice as well as local physicians to improve breastfeeding initiation, duration and exclusivity rates. The group is working together to ensure that information is provided to families so that they can make informed decisions related to infant feeding.

School Health

General School Health

Q3 marks a phase of rapid assessment and planning for the 2018-19 school year and the 2019 calendar year for the Ministry. Staff worked to gather and review best available evidence toward establishing local priority areas for student health and wellbeing and interventions for a school setting. During this time, staff also created a discussion guide to implement with local school communities. The aim of the discussion is to identify opportunities for mutual benefit considering alignment of the Ministry of Education and Ministry of Health and Long-Term Care health and wellbeing goals. Two school discussions were held in Q3. Staff also monitored for the impact of the Ontario government pause on the revised school health and physical education curriculum. Many sectors and organizations were calling for this to be reinstated considering the evidence behind the revisions.

In September, initiatives resumed in schools with THU staff as lead or support. Initiatives include Roots of Empathy Program, Youth Mental Health Program (Jack Chapters), Playground Activity Leaders in Schools (PALS) Healthy Relationship Clinics, Healthy Eating programs and readiness for the Northern Fruit and Vegetable Program.

Youth Tobacco Prevention Program

In Q3 and linking with the regional tobacco area network plan, the youth tobacco team worked on the development of a contest to engage youth in understanding marketing tactics targeting youth used by the tobacco, cannabis and alcohol industry. This contest aims to increase youth media literacy skills to contribute to preventing or delaying substance (tobacco) use. Staff also worked to create a report outlining many of the local youth tobacco champion initiatives over the 2017-18 school year.

School Immunization Program

In Q3 staff prepared for implementation of the grade 7 school immunization program with clinics to be held in all schools in October. To help increase immunization consent response and positive consent for the 3 vaccines offered in Grade 7, school nurses delivered presentations to grade 7 classes. Also over Q3, staff worked to implement the Ministries' mobile immunization clinic model which supports nursing staff to utilize iPads for efficient and effective assessment and recording of immunizations given in school clinics. Staff also promoted awareness of student immunization requirements and provide sources for credible immunization information through print and social media.

School Oral Health Screening

As a new school year approached, THU's oral health team was busy planning for oral health screening which is supported by the Ontario Healthy Smiles Program. Coordinating with school partners and communicating with parents prior to implementation is a key program success factor. The new Ministry protocol changed the

screening target standard of JK, SK, and grade 2 students, to a method based on the intensity or need of a given school. As per protocol, the screening intensity level of a school is calculated by using the grade 2 screening results (decay rates) for the current school year. If it is not possible to use the current year, the previous year is used. The breakdown is shown in the chart below.

THU will also be doing more to reach students who may have limited access to community oral health services. For example when we are in a rural or remote area of our district where oral health services are not available, the screening program might be extended to more students irrespective of the school intensity level.

STUDENT SCREENINGS	SCHOOL INTENSITY LEVEL
JK, SK, grade 2	Low intensity school
JK, SK, grade 2, 7	Medium intensity schools
JK, SK, grade 2, 4, 7	High intensity schools

School Vision Screening

New in 2018 is the implementation of a school vision screening program as required in the modernized Ontario Public Health Standards (OPHS). Public health is to ensure vision screening of all SK students to identify risk factors for amblyopia, stereopsis and/or strabismus, and refractive vision disorder. If risks are identified, staff will follow up with parents recommending a comprehensive eye examination with an optometrist.

The vision screening protocol, process and system supports are very similar to the oral health screening program. Staff have been planning for full implementation of this new program in 100% of local SK schools in the 2018-19 school year. In Q3 this involved planning for training, communications, and scheduling to begin implementation in Q4. THU has advantage of school-based vision screening experience due to our recent support of a vision screening research project conducted by McMaster University and The Hospital for Sick Children in Kirkland Lake school.

Infectious and Communicable Disease Prevention and Control

Harm Reduction

The harm reduction program enhancement team had a busy summer! Our community sharps disposals are seeing frequent use from individuals safely disposing of their needles. We have also expanded the availability of naloxone in the community to two additional fire departments (Cobalt and Earltown) and are soon going to be training Kirkland Lake, Englehart, and Harley fire departments. Clients continue to receive naloxone kits from our sexual health team at our health unit offices. We have also expanded the availability of Naloxone to Bear Island, which now has 12 Naloxone kits in their health centre. We have also expanded the availability of harm reduction supplies in the community by providing training and supplies to both of the Pavilion locations and to Northern Treatment Centre in Kirkland Lake.

Another exciting project undertaken by the harm reduction team was the implementation of Naloxone availability in all DSBONE schools. We were approached to support the development of training materials, communications, and stakeholder presentations in conjunction with Porcupine

Health Unit. This has been a valuable collaborative opportunity and will come to a head in October, when train-the-trainer sessions will take place in Kirkland Lake.

Infection Prevention and Control (IPAC)

During Q3, the THU IPAC team was busy planning for the local Infection Prevention and Control Conference which is organized jointly with Public Health Ontario's North East office. The event has a robust agenda including presentations delivered by Public Health Ontario, Work Safety North, and Clorox. Infection Control Practitioners are expected to attend from Parry Sound to Kirkland Lake to network and discuss shared challenges, and to deepen their understanding of infection prevention and control practices in health care facilities. Local hospitals, long-term care homes, health unit staff, EMS, and retirement homes are invited to attend this local workshop.

The IPAC team has also been busy implementing the Designated Officer training program. Health unit staff will be training select EMS, OPP, and firefighters on basic infection prevention and control practices to ensure that any exposures are properly managed. Public Health is mandated to provide 24/7 availability to support Designated Officers in managing reported exposures. EMS, OPP, and firefighters are also mandated to instate selected staff to be Designated Officers. We look forward to this continued collaboration with these community partners.

Sexual Health

It has been a busy summer in our sexual health clinic with staff undergoing continuing professional development in harm reduction and women's health. Staff took part in courses lead by the Society of Obstetricians and Gynecologists of Canada, the Ontario Harm Reduction Distribution Program, the Centre for Addictions and Mental Health, and CATIE.

Immunization

Seasonal Influenza Immunization Program Planning

The third quarter involves significant planning at THU for the 2018-2019 Influenza season to prepare for promoting and delivering community clinics in November. This year, there are 3 publically-funded products available. A new product, called Fluzone High-Dose, has received some media attention recently. Our allocation and inventory are limited and the health unit has been instructed to prioritize this product for hospitals, long-term care homes, retirement homes, and physicians' offices. Pharmacies will not be provided with this product this year but continue to deliver vaccines to anyone in the general public over five years of age. Pharmacies will have FluMist available this year, which is the flu vaccine in a nasal spray form for those from 2-17 years of age.

Our community clinics will continue to be offered with some staffing and time adjustments based on demand trends. Some health units have stopped administering flu vaccine due to the impact and reach of pharmacies and other providers. THU continues to monitor flu clinic visits and will be conducting a survey on our clinic accessibility this year. Flu shots are still available by appointment in our offices after community clinics are over.

Immunization Update

The Timiskaming Health Unit is pleased to now offer Shingrix. Shingrix is a Herpes Zoster vaccine similar to Zostavax, which is publicly-funded for those 65-70 years of age. Shingrix is not publicly-funded at this time but can be

purchased at the health unit (two doses are required for full immunity). Shingrix is thought to be superior to Zostavax as the efficacy of Zostavax wanes over time at a much faster rate than Shingrix. Shingrix is recommended for anyone over the age of 50.

Safe Water and Food Safety

Safe Water

The highlights of our Safe Water Program are often focused around the safe drinking water portion of our mandate. In Q3, there were two items from our Recreational Water Program that deserve mention. First, our annual beach surveillance and monitoring work came to a close for the season. Although this program is not new, the highlight this year was that we only had one beach posting in our district. This means that our routine beach water testing only showed bacteria levels unsuited for beach water use only one time. While this does not necessarily mean this trend will continue in the future, it was great to have our beaches available almost continuously during this past summer's hot weather.

Other work completed in Q3 was unique in the sense that it does not occur very often. The opening of a brand new swimming pool, in the municipality of Kirkland Lake, took place. Working with them, our role was to ensure they comply not only from a water safety point of view in regards to water chemistry, but also with respect to health hazards, proper signage, and other requirements set out in the Ontario public pools regulation. A Public Health Inspector worked closely with the municipality as the project moved along through to completion. Residents can now access this new facility and enjoy it as a routine physical activity.

Food Safety

There are many different aspects to our Food Safety Program. A large portion is of course focused on the inspection of our public food premises (restaurants) throughout the district. During the summer months there is also a unique seasonal inspection requirement that takes place. Public Health Inspectors visit remote lodges and camps to conduct various inspections, including food safety within their kitchen facilities. Although similar to food premise inspections that take place in more urban areas, the uniqueness of this part of the program is the logistics. Most of these remote locations are accessed by boat only, making planning and travel more of a challenge. Working with local companies to arrange boat transportation, and the lodge/camp owners for scheduling details, we were able to visit and complete all necessary inspections of these remote areas.

Healthy Environments

With the launch of the new Healthy Environments and Climate Change Guideline from the ministry in 2018, public health units in Ontario began to review how they could best approach this work. In Northern Ontario, it was found that much of the work that would need to be done would be similar for the seven northern health units, although each would have some local interests to address.

With this in mind, the seven northern agencies formed a partnership which began with a goal of developing a letter of intent (LOI) for resource funding from Health Canada's *Climate Change and Health Adaptation Capacity*

Building Contribution Program. If the LOI is accepted, a full proposal will be submitted. This collaborative work would bring efficiencies to the efforts that all public health units need to address, while capturing the unique requirements that Northern Ontario has.

Note: *As of the time of writing this report the collaborative group had just been informed that their LOI has been accepted. Work will now continue on a complete proposal.*

Other Programs

Land Control

Our Land Control Program was in full swing during the last quarter with the July-September period being one of the busiest times of year. A highlight came when a large scale project came to completion. Working with the owners of a multi cottage, shared ownership property, we set out a plan to upgrade their septic systems for each unit on the site. This plan was to be done over a set period of time and last quarter it was completed. Working with the owners to ensure compliance, while offering them guidance throughout the process proved to be a successful approach.

Nursing Stations

The Manager of the Nursing Stations, the Nurse Practitioner of the Elk Lake Nursing Station and the Executive Director of Englehart Family Health Team attended an Elk Lake council meeting in September to review the services and potential divestment plan and to discuss opportunities for collaboration. The opportunity was welcomed as there is a need to provide awareness to the community of Elk Lake regarding the nursing station services and programs. There are no further updates regarding timelines or confirmation of the divestment.



Upcoming Events

The following list contains *some* of the upcoming events and opportunities that THU staff are participating in or supporting.

- **November 15:** Food Handler Course
- **November 27:** Ottawa Model for Smoking Cessation Workshop for primary care providers

Human Resource Update

The comings and goings of our colleagues



New Staff:

- Public Health Nurse – Kirkland Lake – Permanent (July 2018)
- Research, Planning, Policy Analyst – New Liskeard – Mat. Leave Contract (July 2018)
- Public Health Nurse – New Liskeard – Permanent (August 2018)
- MOH(A)/CEO – New Liskeard (September 2018)

Resignation:

- Public Health Nurse – New Liskeard (September 2018)
- Public Health Nurse – New Liskeard (October 2018)

Retirement:

- Registered Nurse – Matachewan Nursing Station (September 2018)

Current Vacancies:

- Public Health Nurse (2) – New Liskeard - Permanent



Report contributors: Randy Winters –Acting Chief Executive Officer/Director of Corporate Services , Kerry Schubert-Mackey –Director of Community Health, Program Managers; Ryan Peters , Angie Manners, Erin Cowan (CNO), Amanda Mongeon. Executive Assistant: Rachelle Cote.

BOARD OF HEALTH REPORT

Date: November 7, 2018

Purpose: For Information

Topic: *Youth Tobacco Prevention*

Key Points

- Local youth, school communities and public health are working in partnership toward youth tobacco use prevention.

Issue

Every day tobacco kills more Ontarians than alcohol, cannabis, and other substances combined (Smoke Free Ontario 2018). Tobacco use kills 16,000 Ontarians every year and costs the province \$2.25 billion annually in direct health care costs (Minister of Health and Long-Term Care, 2018).

In Timiskaming, just over 1 in 4 (26%) residents aged 12 and older reported smoking either daily or occasionally. This is higher than the Ontario rate of 17% (CCHS 2015-16). Combatting commercial tobacco use remains a challenge in Timiskaming.

Preventing the initiation and escalation of tobacco use continues to be an important tobacco control strategy. Youth are particularly susceptible to starting to smoke and becoming regular smokers.

Background

The Ministry provides funding to Boards of Health and regional Tobacco Area Networks (TCAN) to implement evidence-informed tobacco control activities. One of the funding streams is for youth tobacco use prevention.

The Ontario Public Health Standards also require Boards of Health to address tobacco through the Substance Use and Injury Prevention and School Health Programs.

Timiskaming Health Unit Action

One of THU's youth tobacco use prevention programs is the Tobacco Youth Champion initiative. Applying youth engagement principles and evidence-informed approaches, Timiskaming Health Unit staff support youth in secondary school settings to impact youth tobacco use outcomes. Staff activities include:

- Youth champion recruitment
- Lead or support training for health promotion and leadership skills
- Support implementation and evaluation of youth tobacco use prevention activities
- Report and share

The attached report highlights some of the activities of local youth tobacco champions. The report will be translated and shared with local youth and school community members.

Submitted by

Kerry Schubert-Mackey, Director of Community Health

Stephanie Gagnon, Community Health Work, RPN

Sarah Clarke, Community Health Worker, RPN

School Health – Youth Tobacco Prevention

YOUTH CHAMPIONS

Tobacco Prevention in Timiskaming

Supported by public health staff, local Tobacco Youth Champions (YC) work to support their peers to be smoke-free.

Every day tobacco kills more Ontarians than alcohol, cannabis, and other substances combined. Tobacco use kills 16,000 Ontarians every year. In Timiskaming, just over 1 in 4 (26%) residents aged 12 and older reported smoking either daily or occasionally. This is higher than the Ontario rate of 17%. Combatting commercial tobacco use remains a challenge in Timiskaming. Preventing the initiation and escalation of tobacco use is an important strategy. Youth are susceptible to starting to smoke and becoming regular smokers.

TOBACCO YC BY THE NUMBERS:

Youth champions are from 5 local high schools and includes over 35 students. Average age 14.5

WHAT DO TOBACCO YC DO?

74 meetings were held over an 8 month period to plan and deliver tobacco prevention activities over the 2017-18 school year. Their activities reach youth peers and some adult allies – school staff, parents, and community partners.

ACTIVITY HIGHLIGHTS INCLUDE:

Walking the Good Life: 5 indigenous youth from Timiskaming District Secondary School (TDSS) attended a northeast tobacco prevention summit "Walking the Good Life". The focus was on understanding the difference between commercial tobacco and sacred tobacco. After this summit youth were inspired! With support from local partners including Timiskaming First Nation, they gained approval to have a medicine garden featuring sacred tobacco in the courtyard of TDSS.



TDSS Powwow: TDSS YC hosted a booth during the annual powwow to teach the differences between commercial and sacred tobacco. The booth featured tobacco plants grown from 1,000 year old tobacco seeds



found at an ancient burial site. Reach: 500 students & allies.

Media Literacy Training: 9 YC were trained to deliver Media Smarts "Thinking Like a Tobacco Company" lesson plan to Gr. 7 students. The goal was to increase awareness of how and why the tobacco industry targets young people. Reach: 52 students at KLDCS.



Awareness + Recruitment: Students at ESCSM set up a booth to demonstrate the health impact of tobacco and to encourage their peers to become a Tobacco Youth Champion!



One Day Stand Against Tobacco: YC encouraged KLDCS students to take a break from using tobacco products to promote smoke-free schools and policies. Reach: 500 students.



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YC hosted **Drop Dead Day** at ECJV whereby **110** students dropped to the ground all at once to mimic the significant impact of commercial tobacco on disease and death.



World No Tobacco Day: 35 YC led approximately **1,200** students in a chalk walk at 4 secondary schools. Topics to 'walk and chalk' about included cessation encouragement, strategies to avoid peer pressure, and anti-commercial tobacco messaging. YC prepared hand-outs on each topic.

Mental Health Week- Addressing Peer Pressure: YC handed out approximately 100 cards that provided tips on refusing tobacco products and other substances when faced with peer pressure. The YC also addressed the myth that smoking reduces stress and held group discussions about healthy ways to reduce stress. Reach: **120** EHS students.



Youth-4-Action: Exposing Big Tobacco Lies (Canadian Cancer Society): Local YC joined a movement to expose the ways that the tobacco industry markets their products to youth. The YC designed a contest in which students created commercials that educated their peers about big tobacco's lies.



Supporting plain and standardized packaging of tobacco products.

Smoke Free Movies- Media Literacy Education



What made YC efforts difficult*:

"Lack of youth friendly space in which to work."

- 50% of youth surveyed

"Lack of transportation." - 25% of youth

"I had no time." - 10% of youth

YC Quotes*:

"I loved learning about the different laws and how they could be changed slightly to make them more strict and helpful to the environment and people around us."

"I enjoyed helping other people understand and spread awareness around our school about tobacco."

"I enjoyed speaking out about smoking at our booths, I also liked talking about how to prevent and say no to smoking in societal situations."

"Feeling like I belong part of the group, and making a difference. Being part of a team and working together."

Supporting School Boards:

Conseil scolaire catholique de district des Grandes Rivières:
École Catholique Jean-Vanier (ECJV)
École Secondaire Catholique Sainte-Marie (ESCSM)

District School Board Ontario North East:
Timiskaming District Secondary School (TDSS)
Kirkland Lake District Composite School (KLDCS)
Englehart High School (EHS)

The majority of the activities above are from the 2017-18 school year. References available upon request.

*Year end YC Survey. For more information contact the Timiskaming Health Unit.

BOARD OF HEALTH REPORT

Date: November 7, 2018

Purpose: For Information

Topic: Evaluation Reports: *Healthy Kids Community Challenge and Healthy Eating in Recreation Settings*

Key Points

- Working in partnership with municipal governments can lead to effective and sustainable improvements in factors affecting the health of children and youth;
- Healthy Kids Community Challenge and Healthy Eating in Recreation Settings are two examples of initiatives that involve municipal partnership;
- Evaluation is an important and valuable way to understand results and inform next steps.

1. Evaluation of Health Kids Community Challenge: Phases 1-3

Issue

Everyone in a community has a unique role to play in supporting health. *Healthy Kids Community Challenge: Community Needs Assessment for the City of Temiskaming Shores* (2015) describes the socio-cultural, socio-economic and environmental characteristics of our community; these can heavily influence the health of children and youth. For example, 36% of Timiskaming Health Unit area's youth aged 12 to 18 years were overweight or obese from 2011-2014, statistically higher than Ontario's rate of 21.7 per cent.

Background

In 2014 Ontario launched the Healthy Kids Community Challenge (HKCC) in 45 Ontario communities to support the health and wellbeing of children by creating communities where it's easier for children to lead healthier lives. Community partners were to work together on common themes, each 9 months long, to develop programs, policies, environmental supports and events. Timiskaming Health Unit was one of several partners involved in Temiskaming Shores and area's HKCC, led by the City of Temiskaming Shores. While Public Health Ontario was charged with evaluating the HKCC project at the provincial level, individual HKCC communities were encouraged to consider local evaluation.

Local Evaluation Findings

The HKCC evaluation work is being reported in stages. Attached to this brief is a summary from the commissioned evaluation of phases 1-3; phase 4 evaluation will follow. This evaluation determined that HKCC demonstrated good program management skills in terms of its Steering Committee expertise, partner engagement, use of research, communication efforts and appropriate activities. Areas for improvement include a need for greater rigor in project planning, more detailed pre-intervention planning, setting clear goals for interventions and more attention to project documentation. The evaluation concluded that HKCC has created partnerships and activities across the district, however determining the extent to which HKCC programming succeeded is difficult.

Timiskaming Health Unit Action

With HKCC at its conclusion, THU continues to work in partnership as much as possible and is exploring with some of the HKCC partners, including the municipality, how to continue working together to address factors affecting the wellbeing of children and youth.

2. Evaluation of Healthy Eating in Recreation Settings (HERS) Pilot Project

Issue

Eating habits impact health status and many food environments do not support healthy eating. This includes arena concession stands, where the menu includes many foods and beverages high in calories, fat, sugar and sodium and of poor nutritional quality. This is a contradiction in a public setting that is meant to promote a healthy lifestyle for its community. Children are particularly exposed and vulnerable to this food environment; in Timiskaming, self-reported rates indicate that only 55% of children aged 12 to 19 years old eat vegetables and fruit the recommended five or more times daily (2013-2014).

Background

One project within the HKCC was the Healthy Eating in Recreation Settings (HERS) pilot, under the provincial theme 3 *Choose to Boost Veggies and Fruits*. The goal was to encourage the adoption of healthier eating habits by shaping the food environment at the arena concession stands in New Liskeard and Haileybury. This aligns with the goal of the HKCC, making it easier for children to lead healthy lives. After community consultation, two nutritious options (fresh fruit and fruit smoothies) branded as *Freggie Fuel* were introduced to the menus and promoted.

Evaluation Findings

The HERS evaluation indicates that the pilot was successful: a total of 593 smoothies and 192 pieces of fruit were sold over 71 days, showing arena users' demand for nutritious options. It was also demonstrated that having nutritious options available is financially feasible for concession operators. Those who answered the community survey suggested that the menu should include at least 50% nutritious options, and indicated that promotional events and social media were important in increasing their awareness of the project.

Timiskaming Health Unit Action

Since the HERS pilot project wrapped up, the City of Temiskaming Shores and THU have incorporated healthy eating guidelines into the Request for Proposals for all concession stands. *Freggie Fuel* is back at the local arenas for the 2018-2019 season with even more options and the support of THU Registered Dietitian. A municipal policy for HERS is also being considered (policy turns a successful practice into business-as-usual, and demonstrates the municipality's leadership and commitment to healthy environments). THU has begun replicating the project at the Kirkland Lake Community Complex for the 2018-2019 season. The HERS work is part of improving our food environment (especially where children live, study and play), one of the key recommendations of Ontario's Healthy Kids Strategy which aims to improve children's health and well-being. In addition to sustaining the work done in Temiskaming Shores and Kirkland Lake, THU will look next to expand the HERS project to the town of Englehart and to reach other settings such as checkout lanes at grocery stores.

Submitted by

Laura Dias, Public Health Dietitian
Amanda Mongeon, CDPW & ISUP Program Manager

Reviewed by

Valerie Haboucha, RPPA
Kerry Schubert-Mackey, Director of Community Health

Executive Summary

This document reports on the process and outcome evaluations of the Temiskaming Shores Healthy Kids Community Challenge (HKCC) program at the end of its first three Themes. Its intent is to provide the Steering Committee, community partners, staff and other HKCCs with insights on how effectively the program has addressed key outcomes from its logic model and to suggest opportunities for improving programming.

The Temiskaming Shores HKCC is one of 45 HKCCs that received funding from the province of Ontario's Ministry of Health and Long Term Care. The broad goal of the HKCC program is to "develop and implement programs, policies and supports that promote healthy and active lifestyles among children through community-led planning and action"¹.

In 2015 the Temiskaming Shores HKCC received funding, established a Steering Committee to guide the program and undertook a Community Needs Assessment to understand the local context, assets and gaps to consider when planning the HKCC interventions. The HKCC's first of two Coordinators was also hired in 2015.

The Temiskaming Shores HKCC program launched in 2016 without an evaluation framework or logic model to guide its programming (neither was suggested by the Ministry at the outset of the program). In 2017 this HKCC voluntarily opted to undertake an evaluation of its program and developed a Logic Model (See Appendix A) and an evaluation framework (see Appendix B) specifically for the evaluation for Themes 1, 2 and 3.

At the request of the HKCC, a third party evaluator began work in Fall 2017 and proposed an evaluation method that included both a process evaluation and an outcome evaluation; the HKCC approved the approach prior to the start of the evaluation.

A process evaluation assesses whether program activities were appropriate and completed as per the program plan. In general, the HKCC demonstrated good program management skills, especially in terms of its Steering Committee expertise, partner engagement, use of research, communication efforts and appropriate activities. Areas for improvement include a need for greater methodological rigor in establishing a focused Logic Model, more detailed pre-intervention planning, setting SMART goals for interventions and more attention to project documentation. This section is discussed in detail in Section 4.0.






¹ Ministry of Health and Long-Term Care, Healthy Kids Community Challenge Guidelines.

Evaluation of Themes 1,2, & 3: Temiskaming Shores Healthy Kids Community Challenge Executive Summary.
Full report available upon request.

An outcome evaluation identifies the extent to which the program met its planned outcomes. We found that, HKCC has created partnerships and activities across the district; however its Logic Model and Evaluation Framework were not expressed in measurable terms and determining the extent to which HKCC programming succeeded is, thus, open to interpretation. Table 1.1. summarizes the extent to which we feel that the HKCC achieved its evaluation outcomes by the end of theme 3:

Table Legend					
	Fully achieved	Mostly achieved	Partly achieved	Marginally achieved	Not achieved

Table 1.1 Extent to which the Outcomes Associated with the Evaluation Question were Achieved

Evaluation Framework Questions	Associated Outcome from Logic Model	Extent Achieved
1. Did the HKCC increase access for priority populations	All populations have access to pro-grams/activities	
2. Did HKCC create environments where the healthy choice is the easy choice?	Supportive environments were created to enable healthy behaviors in children.	
3. Are organizations more proac-tive in creating and maintaining partnerships?	Improved community collaboration and coordination to promote childhood weights	
4. Was there an impact on policy creation or readiness for change?	Policy tool created to improve physical ac-tivity and healthy eating.	
5. Will the project continue in some capacity?	Create capacity for the community to plan and implement programs	

Although this report indicates that the HKCC program varied in its achievement of the evalua-tion outcomes, if HKCC sets measurable outcomes and SMART goals for its programming it will be better able to measure the impact of its many community-wide efforts and better demonstrate how the HKCC has helped to create healthy behavior changes in the Temiskaming Shores area. Based on the results of the process and outcome evaluation portions of this report we suggest five recommendations be considered for future HKCC programming:

1. Leverage the evaluation experiences with skilled partners in themes 1, 2 and 3 to inform future intervention planning and evaluation.
2. Refine the HKCC logic model/evaluative framework at the beginning of future themes.
3. Build internal and partner evaluation capacity to support future interventions.
4. Work with partners to refine project plans including a realistic evaluation for each inter-vention that contributes to the HKCC outcomes in the logic model.
5. Standardize documentation (including data collection) to help evaluate and learn from future interventions.

HEALTHY EATING *IN* RECREATION SETTINGS



NUMBERS BACKGROUND

As part of Healthy Kids Community Challenge Temiskaming Shores Theme 3 (Choose to Boost Veggies and Fruit), a pilot project introduced new healthier food items at the municipal arenas concessions. Smoothies (\$3) and fresh fruit (\$1) were the 2 main options, branded as *Freggie Fuel*.

Project goals: make it easier for patrons to make healthier choices at the concessions; work towards a lasting policy support for healthy eating in the Temiskaming Shores recreation settings.

Timelines & locations: November 2017 - April 2018 (New Liskeard and Haileybury) A survey was conducted (online and New Liskeard arena) to assess patrons feedback on the project. 101 people answered the survey.



593
smoothies
sold



192
pieces of
fruit



71
total operation
days

WHAT DID WE FIND OUT?



Selling healthy items was **FINANCIALLY FEASIBLE** for concession operators.

There was demand for healthy items at arena concessions. 75% of respondents suggested the concession menu to include, **AT LEAST, 50% HEALTHIER OPTIONS.**



The **COST** of the healthy items was **AVERAGE**, but not affordable for everyone (1 in 10 respondents).

Many people were **SATISFIED** with the **TASTE** of the healthy items.

smoothies **58%**

fruit **67%**



46% survey respondents more likely **TO BUY FOOD** at the arenas when healthier items are available.

56% more likely to **EAT HEALTHIER** when healthier items available.

Promotion at the **ARENAS** (50% of respondents) and on **SOCIAL MEDIA** (20%) worked best.



FEEDBACK

"I think over time people will choose the healthier items more & more but it will just take time to change."



"I am extremely happy that my family and I have the option to make healthier choices at the arena. Also, knowing that hockey players, etc., have access to healthier options makes me happy! Keep up the great work."

GOOD TO KNOW



- January, February and March were the busiest months.
- Offering healthier items meant increased food waste with minimal financial impact.
- **STRAWBERRY- BANANA** was the most popular smoothie flavour at both arenas.
- Patrons enjoyed being able to see **REAL FRUIT** being used for the smoothies' preparation.
- Patrons would still like **ADDITIONAL HEALTHIER OPTIONS** available.

RECOMMENDATIONS

- **CONTINUE PROMOTING** healthy items when the arenas are busiest (January - March)
- Consider additional strategies to **PROMOTE FRUIT** sales.
- **ALLOW TIME** for healthy menu items to catch on.
- To make the healthy choice the easy choice for people **AT EVERY INCOME LEVEL**, concession operators may wish to consider setting the cost of the healthy items at or below the cost of similar, less healthy items.



WHAT IS NEXT?

FREGGIE FUEL is now officially part of Temiskaming Shores arena!

The City of Temiskaming Shores **INCORPORATED THE Freggie Fuel GUIDELINES** in the contracts for the concession stands at municipal recreation settings.

Concession operators have access to all the materials needed **TO CONTINUE OFFERING HEALTHIER OPTIONS**, as well as technical support.

This means this project will have a **LASTING IMPACT** on Temiskaming Shores recreation settings!

Don't forget to visit me at the arena this season! I will be there with my **Freggie Fuel** options to give you all the energy you need to win!



WANT TO LEARN MORE about healthy eating in recreation settings in Timiskaming?

Contact the Timiskaming Health Unit at 705-647-4305
or diasl@timiskaminghu.com