

# A HEALTHY, SAFE AND SUPPORTIVE COMMUNITY FOR ALL



City of Hamilton Public Health Services reports to the Board of Health and is responsible for protecting and promoting the health and well-being of 536,917 residents of Hamilton.

## The City of Hamilton Strategic Plan 2016-2025

**Vision:** To be the best place to raise a child and age successfully

The work of Public Health Services aligns with the City of Hamilton's Strategic Plan which establishes priorities including Community Engagement & Participation, Economic Prosperity & Growth, Healthy & Safe Communities, Culture & Diversity, Clean & Green, Built Environment & Infrastructure, and Our People & Performance.

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## MESSAGE FROM MAYOR FRED EISENBERGER



As chair of Hamilton Public Health Services' Board of Health, I'm pleased to share with you the progress the organization has made in 2017 as we continue to offer quality public health services and strategies in support of the City's vision.

As I reflect on the achievements and work undertaken in 2017, I want to thank the team of public health professionals for their continued service to the citizens of Hamilton. The breadth and scope of the initiatives and issues undertaken this year from continued action on climate change, community response to the ongoing opioid crisis and helping push this community forward in support of Harm Reduction, and promoting mental well-being in schools are all working towards supporting our health where we live, work play and learn. The activities and accomplishments described in this report demonstrate the dedication of our staff, the leadership of our Board of Health, and the support from the community as we work to promote and protect the health of our community.

City of Hamilton Mayor  
Fred Eisenberger





## MESSAGE FROM GENERAL MANAGER HEALTHY AND SAFE COMMUNITIES DEPARTMENT

One of the City's strategic priorities is to be a Healthy & Safe Community meaning that Hamilton is a safe and supportive city where people are active, healthy, and have a high quality of life. We know health and well-being is grounded in our City and in the neighbourhoods where we live, work, play, and learn. However, we also know these factors vary widely from community to community and even from neighborhood to neighborhood. In this report, you will see some highlights of the work of Public Health

Services in protecting our community from environmental health issues, the threat of rabies, and drug and substance use and also how we are changing how we work to deliver services that enable some of our youngest residents to reach their full health potential.

The work of Public Health Services, in particular the critical population health expertise, supports our whole community to better understand, prioritize and take collective action to protect, promote and improve health and wellbeing, community by community.

**Paul Johnson**

## MESSAGE FROM THE MEDICAL OFFICER OF HEALTH

I am pleased to present the 2017 Annual Report: A Healthy, Safe and Supportive City for All. In Ontario, public health has been given a renewed mandate through the Ontario Public Health Standards with a focus on population health assessment, ensuring a health equity lens is applied to the programs and services we offer.

This year was particularly busy for the organization as staff reviewed and developed a strategy to implement requirements in the new Ontario Public Health Standards and conduct population health assessment to inform local priorities. This is about looking beyond traditional health measures to define a broader picture of city and neighborhood health including conditions such as housing, traffic collisions, how much money people make, injuries from falling, air pollution and the environment, availability and accessibility of healthy food, jobs, and the impact of drug and substance misuse.

Through this process, mental health and addictions, healthy weights, and health equity were identified as areas for action where public health can make the biggest impact on community health and wellbeing. I am immensely proud of all of the work of Public Health Services over the past year, and am eager to see what we can accomplish together and with our partners in the future.

**Dr. Elizabeth Richardson**





# REIMAGINING HAMILTON AS A VILLAGE OF 100 PEOPLE

In order to take action and make the biggest impact on the health and wellbeing of the whole community it is important to understand community needs and issues using local data and evidence. We know Hamilton is a city of 536, 917 people but in order to think differently about health in our city what if we reimagined Hamilton as a village of 100 people?

## THERE ARE 39 HOUSEHOLDS IN THE VILLAGE

**2** households have high level of radon gas

**11** households are occupied by a lone person

**6** households are food insecure

**\$187** is the weekly cost for a family of four to eat healthy



## EDUCATION

**18** villagers have less than high school education

**23** villagers have a high school education

**43** villagers have a post-secondary education



1 in 3 children are vulnerable in an area of school readiness

## AGE

**22**  0-19 years

**26**  20-39 years

**34**  40-64 years

**17**  65+ years



# REIMAGINING HAMILTON AS A VILLAGE OF 100 PEOPLE CONTINUED

**80.5** years is the average life expectancy  
(females live 5 years longer than males)

**AMONG THE  
87 VILLAGERS WHO ARE  
12 YEARS AND OLDER:**



**64** have very good or excellent mental health



**49** are overweight or obese



**36** have used illicit drugs in their lifetime



**54** have a strong sense of belonging to their community



**26** had a flu shot in the past year



**53** eat fruit and vegetables fewer than 5 times per day



**18** are smokers

## IMMIGRATION



**75** villagers were born in Canada

**25** villagers are immigrants

## INCOME



**16** villagers live in low income households

**2** villagers earn over \$100,000 per year (after taxes)

# TAKING ACTION ON CLIMATE CHANGE

Climate change is a significant concern that is having widespread impacts on human and natural systems in our community and worldwide. The Hamilton Community Climate Change Action Plan outlines an approach to address climate change locally. Public Health Services has engaged in and leads many initiatives within this plan.

## Business Energy Emissions Profile

In 2017, the City of Hamilton and Sustainable Hamilton Burlington released the City of Hamilton Business Energy and Emissions Profile (BEEP). The BEEP is an online tool that models energy consumption and greenhouse gas emissions, giving users the ability to monitor consumption, find areas for improvement, and track success. Explore the BEEP tool at [www.climatechangehamilton.ca](http://www.climatechangehamilton.ca)

**Without immediate climate change action, it is predicted that Hamilton can continue to experience annual increases in:**

- Temperature;
- Number of precipitation days;
- Frequency of heat days and warm nights; and
- Intensity, duration and frequency of extreme weather events such as heavy rain, ice storms and windstorms.

## Bay Area Climate Change Partnership

Hamilton is a leader in collaboration and partnership development for addressing complex environmental issues. The Bay Area Climate Change Partnership between the City of Hamilton, City of Burlington and Mohawk College was established to support the communities of Hamilton and Burlington in working collaboratively on climate change, resulting in investments in energy efficiency, green infrastructure, job creation, extreme weather adaptation actions and clean technology. This initiative brings together leading stakeholders in academia, utilities, Indigenous populations, community organizations and industry to work collaboratively on climate change to ensure Hamilton and Burlington remain prosperous in a low carbon economy.





## RESPONDING TO RACCOON RABIES OUTBREAK

At the end of 2015 Hamilton witnessed the first confirmed case of Raccoon Strain Rabies ever reported in Southwestern Ontario and the first case of raccoon rabies in Ontario in more than a decade. As rabies is a serious fatal disease Public Health quickly mobilized in response to the rabies threat. Staff have been working on a multi-faceted strategy to reduce rabies risk in our community in coordination with multiple agencies including City of Hamilton Animal Services, the Ontario Ministry Natural Resources and Forestry, Ministry of Agriculture, Food and Rural Affairs, neighbouring health units, and the veterinary community.

Aside from investigating exposures of animal bites and scratches, considerable energy continues to be focused on ensuring the community is aware of rabies risks and important precautions we can all take to keep our families and pets healthy and safe. This is accomplished through creative awareness campaigns; community education sessions about control and prevention; and tools for post rabies exposure care for medical professionals. Additionally, building on the success of the previous low cost rabies vaccine clinics, in 2017 staff partnered with local veterinary community and Animal Services to offer two low cost rabies vaccine clinics reducing financial barriers for the community and vaccinating 223 cats and dogs.

Learn more:

[www.hamilton.ca/rabies](http://www.hamilton.ca/rabies)



The “Skox”  
isn’t real,  
but **rabies** is.

Protect your family and pets.

Stay away from raccoons,  
skunks, foxes and bats.

[hamilton.ca/rabies](http://hamilton.ca/rabies)

# A HEALTHY, SUSTAINABLE, AND JUST FOOD SYSTEM FOR ALL

The City of Hamilton Food Strategy aims to create a city with a sustainable food system where all people, at all times, have economic and physical access to enough safe and nutritious food to meet their dietary needs and preferences. The Strategy covers the entire food system including food production, processing, distribution, access, consumption, and food waste management.

Partnerships are critical to the success of the Food Strategy. This year a Food Literacy Network Forum brought together community stakeholders who support learning about and working with food to share their work and ideas about food literacy. This forum spurred a Hamilton Food Literacy Network to support continued work within the Food Strategy. Collaboration is also happening with Ryerson University's Centre for Studies in Food Security to find available kitchen space across the city that can be used by community groups to engage in food skills programming.

Work is underway to build a more comprehensive food-focused online portal, including a Farm Map, for residents and visitors to celebrate Hamilton's local food and agricultural story. Public Health Services is also collaborating with the Recreation Division to provide training on healthy eating lesson plans to recreation staff with food programs in their facilities and consulting on kitchen development in centres identified for renovation.

Learn more: [www.hamilton.ca/foodstrategy](http://www.hamilton.ca/foodstrategy)

## Food Strategy goals:

- Support food friendly neighbourhoods to improve access to healthy food for all residents
- Increase food literacy to promote healthy eating and empower all residents
- Support local food and help grow the agri-food sector
- Advocate for a healthy, sustainable, and just food system with partners and at all levels of government





# RAISING HEALTHY KIDS TOGETHER

The Healthy Kids Community Challenge supports communities across the city in taking action to promote healthy behaviours, physical activity and healthy eating in children. With a focus on wards 6,7, and 8 community partners are working to improve the health of children.

Hamilton's Healthy Kids Community Challenge: Theme 3, Choose to boost veggies and fruits has seen 35 community partners working together to provide programs focused on healthy eating. These programs engaged over 10,000 children and families through programs that provided hands-on food skill development opportunities at schools, in the community; at local community gardens and at an urban farm.

Getting involved in your community during the Healthy Kids Community Challenge is easier than ever. For more information about the many programs that have been funded through the Healthy Kids Community Challenge please visit [www.hamilton.ca/healthykids](http://www.hamilton.ca/healthykids).





# CHANGING HOW WE WORK: FAMILY-CENTRED BREASTFEEDING SUPPORT

## At home breastfeeding support?

Breastfeeding may not always be easy, and in those early days and weeks it is often difficult for new parents to leave the home to access support. Traditionally, public health has offered most breastfeeding support through clinic appointments with a small focus on home visiting. Through discussion with public health clients, staff identified common barriers to accessing breastfeeding support outside of the home including available transportation, transportation or parking costs and child care needs associated with attending a clinic location. In addition to identifying barriers, clients were asked how they would like to receive breastfeeding support.

## We provide free breastfeeding support in your home from Monday to Friday

Based on feedback from clients, Public Health Services ran a pilot offering more breastfeeding support to clients through home visiting. The results of the pilot showed that the breastfeeding services home visiting model reduced or eliminated barriers to accessing services and was rated as the clients first choice for how they would like to receive support. In addition to this model being preferred by the families we service, the pilot results showed that it is also a more efficient use of staff time. Based on the results and success of the home visiting model, breastfeeding services will continue to be offered through home visiting so new families can now better access the support they need in the comfort of their home.



**Book an appointment  
for a home visit:**

**Call: 905-546-3550**

Email:

**[breastfeedingsupport@hamilton.ca](mailto:breastfeedingsupport@hamilton.ca)**

Learn more:

**[www.hamilton.ca/  
breastfeeding](http://www.hamilton.ca/breastfeeding)**



## SUPPORTING HEALTHY SCHOOLS

Schools are an important setting to promote and protect the health of children and youth. Schools that focus on relationships between staff and students, the links between school and students' families, and effective connections to community-based services are better at promoting the skills to be physically and emotionally healthy for life.

Public Health Nurses work in partnership with school communities to link schools to available resources in Hamilton. Key health topics in schools included mental health promotion, healthy eating, sexual health and physical activity.

### Improving Public Health Services in Schools

A review of the public health services offered in schools showed that positively impacting the health of students requires a comprehensive approach that extends beyond health and physical education to include school policy, the physical and social environment at school and the links between schools, families and communities.

To better provide services within schools, Public Health Services will use a Citywide approach to provide universal services to all schools such as dental screening, vision screening, school based immunizations, curriculum support and consultation on emerging health priorities. In addition to universal services, Public Health Nurses will also provide targeted services to focus schools within the City based on population health data and local school needs. This approach will be used in an effort to provide equitable services to areas in need.

## ONLINE STUDENT VACCINE RECORD REPORTING & TRACKING IS NOW AVAILABLE

Parents are responsible for notifying Public Health Services each time their daycare or school-aged child receives a vaccine. Public Health keeps track of student vaccine records to safeguard the health of the community, and that in the event of a heightened disease risk in the community we can ensure everyone is protected from vaccine preventable diseases.

In the past parents had to phone or fax their children's vaccine records to public health each time their child received a vaccine.

Beginning in the 2017 school year parents can now report and track their child's vaccine records through a convenient, easy to use online portal.

For more information visit  
[www.hamilton.ca/vaccines](http://www.hamilton.ca/vaccines)



# THE 5 WAYS: SUPPORTING MENTAL WELL-BEING WHERE YOU LIVE, WORK, PLAY AND LEARN

## 5 Ways to Mental Well-being

Actions that help all of us feel good and do well in life



Taking care of your mind is equally as important as taking care of your body. That's why Public Health Services supported a community campaign focusing on how to care for our mental well-being using the 5 Ways to Mental Well-Being. In 2017, The 5 Ways campaign was introduced in schools and it was instantly and enthusiastically embraced by the Hamilton Wentworth District School Board and the Hamilton Wentworth District Catholic School Board.

The 5 Ways to Mental Well-Being are evidence-based actions that when practiced regularly help enhance and maintain mental well-being. The 5 Ways to Mental Well-Being include:

- **Connect:** Build healthy relationships, spend time together with family, friends, and people in the community.
- **Keep learning:** Try something new, keep your mind active. Read books just for enjoyment. Try cooking, sewing, building, painting, visit an art gallery, museum, or library.
- **Be active:** Move to feel good. Being physically active can boost mood, reduce stress, increase energy levels, and improve concentration and confidence.
- **Take notice:** Be aware of your thoughts and feelings and the world around you.
- **Give back:** Find joy in helping others. Helping, sharing, and participating in the community is linked with an increased sense of purpose and satisfaction.

These are simple activities that we can do on a daily basis in order to promote feeling good about life, and support dealing with stress and challenges.

Learn more about 5 Way to Mental Well-Being: [www.hamilton.ca/5ways](http://www.hamilton.ca/5ways)

# RESPONDING TO OPIOIDS IN HAMILTON

In response to the growing concern about opioids locally and across the country, Public Health Services supported Mayor Fred Eisenberger's Opioid Summit in January 2017 establishing a working group to support a community wide response. The work group brought together partners from community organizations offering services related to opioid prevention, treatment, harm reduction and social justice to take collective action.

Since collaboration has begun, the group has developed a community opioid response plan, launched the Hamilton Opioid Information System to communicate alerts and opioid data, received provincial and municipal investments to enhance opioid response by supporting local naloxone distribution through expanded service hours to the Van Needle Syringe program, and shared common harm reduction focused campaign: the 4 C's of safety and the Good Samaritan Drug overdose Act.

Public Health Services and our partners in the community continue to focus on increasing availability of naloxone, and supporting the community work group in the development of a city-wide Drug Strategy.

For more information on the opioid response, visit the Hamilton Opioid Information System website at:

[www.hamilton.ca/opioidmonitoring](http://www.hamilton.ca/opioidmonitoring)

## Prevent opioid overdose death and save lives using the 4 C's of safety:

- 1 Careful Use** - Don't use alone, go slow by testing the effect with small amounts first.
- 2 Carry naloxone** - Get a FREE naloxone kit, and training [www.hamilton.ca/naloxone](http://www.hamilton.ca/naloxone)
- 3 Call 9-1-1 for every overdose.** You, your friend or family member needs hospital care to survive.
- 4 CPR** - Push Hard, Push Fast.

## OPIOID STAKEHOLDER GROUP

The AIDS Network • Alternatives for Youth • City of Hamilton (Public Health Services, City Housing Hamilton, City Housing Services, Hamilton Fire Department, Hamilton Paramedic Service)  
• Criminal Lawyers Association  
• Crown Attorney's Office • De Dwa da dehs nye Aboriginal Health Centre • Drug Court • Hamilton Family Health Team • Hamilton & District Pharmacists' Association  
• Hamilton Addiction & Mental Health Collaborative • Hamilton Addiction Systems Collaborative  
• Hamilton Clinic • Hamilton Health Sciences • Hamilton Niagara Haldimand Brant Local Health Integration Network  
• Hamilton Police Services  
• Hamilton Wentworth Detention Centre • McMaster Family Health Team • McMaster University  
• McMaster University Department of Family Medicine • Mission Services of Hamilton • Mohawk College • Ontario Addiction Treatment Centres • People with Lived Experience • Regional Coroner • Shelter Health Team  
• St. Joseph's Healthcare Hamilton  
• Urban Core Community Health Centre • Wayside House of Hamilton  
• Wesley Urban Ministries

## SUPPORTING HARM REDUCTION IN THE COMMUNITY

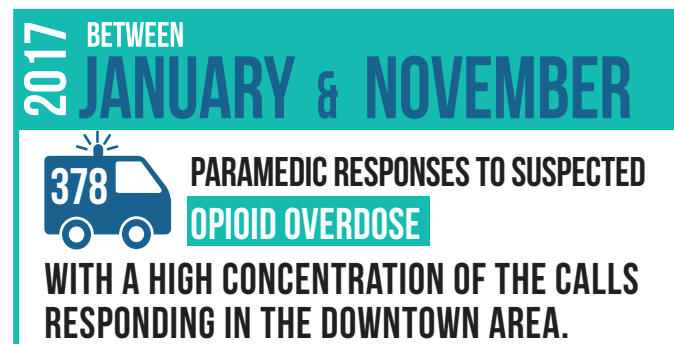
Injection drug use affects us all. Harms associated with injection drug use are many and include the spread of infectious diseases, accidental death and injury from overdose, poor mental health, unstable housing, injection-related litter, and the degradation of public spaces. Individual health and community impacts from drug misuse demonstrate a need for additional services and strategies in Hamilton.

### Supervised Injection Sites: What are the needs?

A Supervised Injection Site Needs Assessment & Feasibility Study was conducted to determine the need, number, geographical location and service model for supervised injection services in Hamilton through consultation with the community and stakeholders.

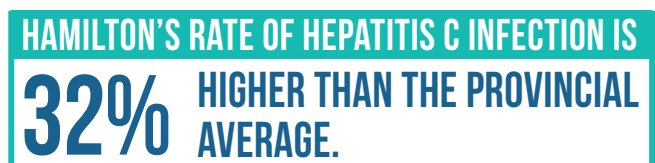
### OVERDOSES

Accidental opioid-related deaths have increased substantially each year in Hamilton.

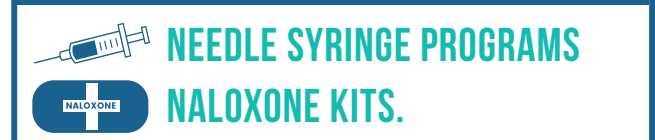


### INFECTIOUS DISEASE

Accidental opioid-related deaths have increased substantially each year in Hamilton.



**THERE IS A HIGH DEMAND FOR HARM REDUCTION SERVICES SUCH AS**



Results of the study showed that Hamilton would benefit from one or more supervised injection sites as this type of service has the potential to effectively address injection drug related issues by decreasing unsafe injection practices like needle sharing that can spread disease, decreasing death and disability from overdose, and decreasing public injections and injection drug litter by providing a clean and safe place for people to inject drugs. Recommendations from the study and support for a supervised injection site in Hamilton were endorsed by Hamilton City Council.

All recommendations from the Supervised Injection Site Needs Assessment & Feasibility Study can be found at: [www.hamilton.ca/SIS](http://www.hamilton.ca/SIS)



## 2017 QUICK FACTS



**11169**

Total inspections completed



**1549**

**100%** of the **1549** rabies exposures investigated within 1 day



**1758**

tobacco inspections



**99.9%**

of health hazard investigations initiated within **24** hours



**6141**

food inspections



**7782**

health connection calls



**884**

water inspections



**5318**

clients seen at dental clinic



**551**

residential care facility inspections



**1854**

clients seen at dental bus



**1020**

personal service setting inspections



**72**

Service provided in **48** elementary schools and **24** secondary schools



**534**

day care inspections



**27,279**

immunizations given



**6**

infection control complaint responses



**1700**

naloxone kits distributed



**223**

cats and dogs vaccinated at 2 low cost pop up rabies clinics



**453**

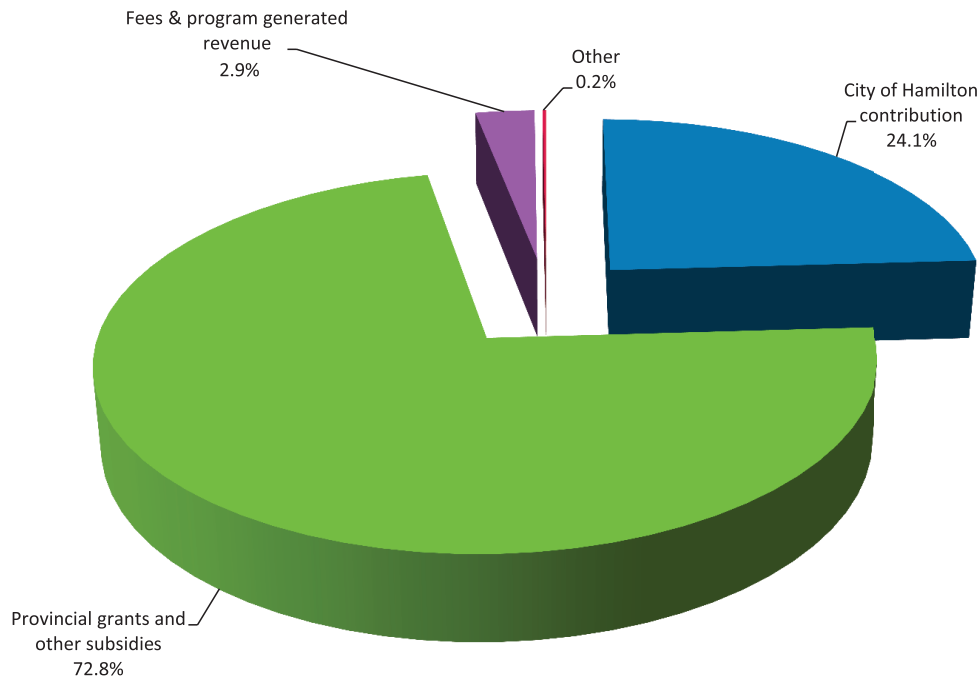
people reported as being revived by Public Health's Naloxone kits

## 2017 PUBLIC HEALTH SERVICES FUNDING

In 2017 the Government of Ontario provided funding for 72.8% of Hamilton Public Health Services budget, with 24.1% contributed by the City of Hamilton and 2.9% from program generated revenue.

**2017 Approved Budget: \$51,625,350**

### Funding Sources



### 2017 Approved Budget By Division

