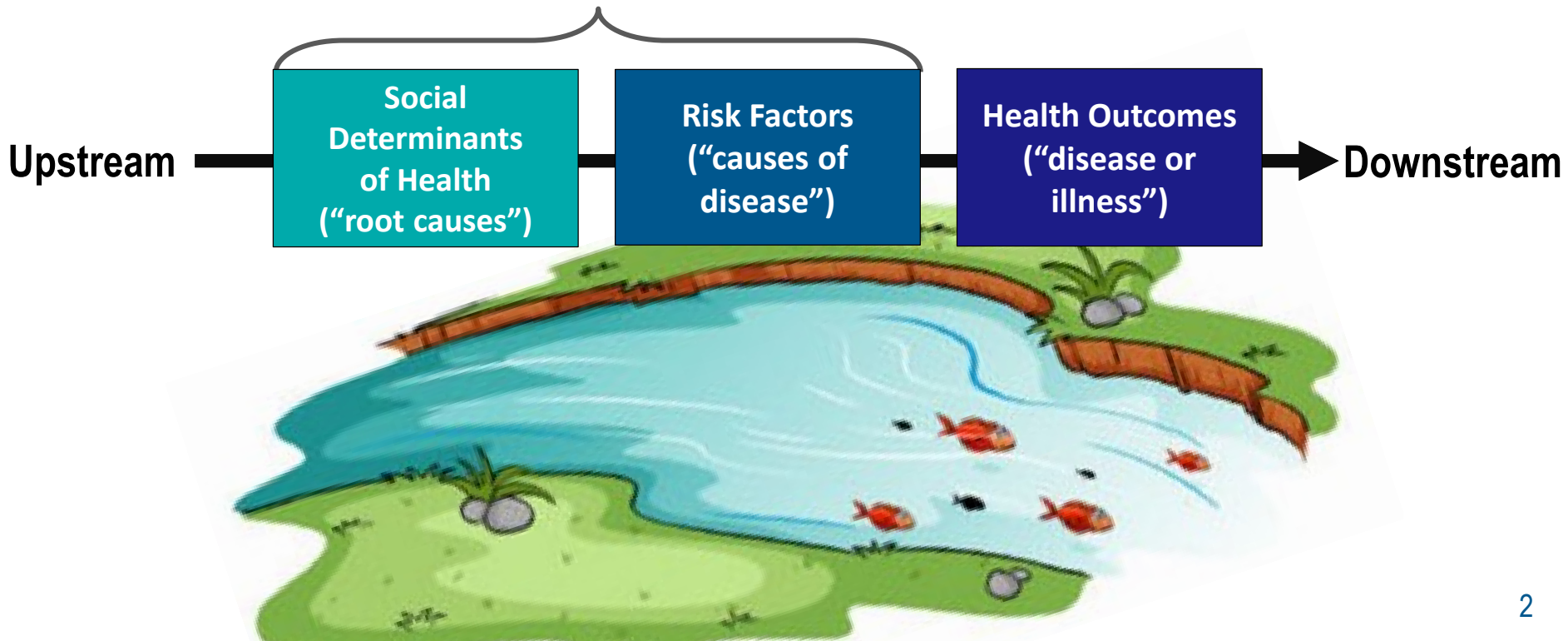


PUBLIC HEALTH PRIORITIES

November 18, 2019

Public Health Focus

Public health focuses on upstream efforts to promote health and prevent disease



Good News Story

**COLLECTIVE
ACTION**



**Decrease in low birth weight
rate across the City**

HEALTHY BIRTH WEIGHTS STRATEGY

**The coalition focused on best possible care for pregnant youth
by developing 4 strategic priorities:**

**Youth
Leadership**

Young parents drive all aspects of the strategy

**Cross-Sector
Education**

Build collective capacity to work with and for
youth in Hamilton

**Care Pathway
Approach**

A stronger and more integrated system of care

**Smoking
Cessation
Best Practice**

Enhancing supports and spreading best practices

Other Outcomes

Hamilton Community Foundation

- Provided enhanced funding for the Nurse-Family Partnership
- Supported additional resources for young parents and their children

Hamilton-Wentworth District School Board

- Initiated the Young and Expecting Parent Program

Children's Aid Society of Hamilton

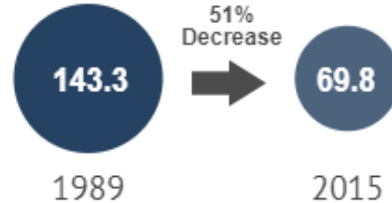
- Developed a Young Parent Team

Population Health Trends in the City of Hamilton

Positive Trends

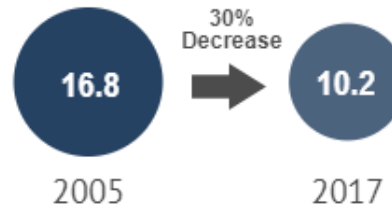
Heart Disease

Rate of premature death due to heart disease (per 100,000)



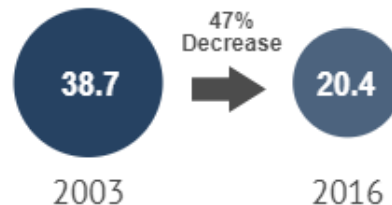
Hepatitis B

Rate of new chronic Hepatitis B infections (per 100,000)



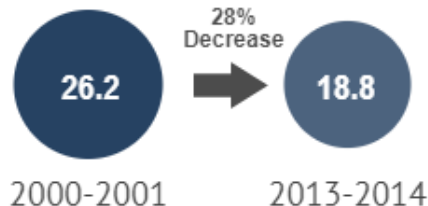
Teen Pregnancy

Rate of pregnancy among youth age 15-19 years (per 1,000)



Smoking

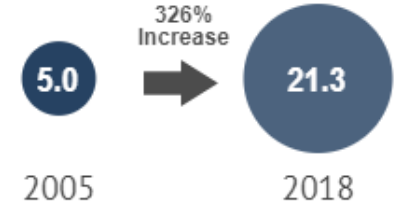
Percent of people (age 12+) who currently smoke tobacco (%)



Negative Trends

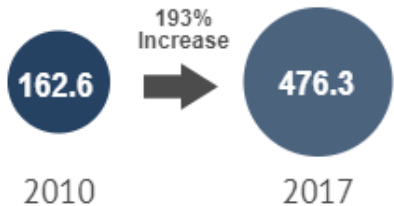
Opioid Overdoses

Rate of opioid-related deaths (per 100,000)



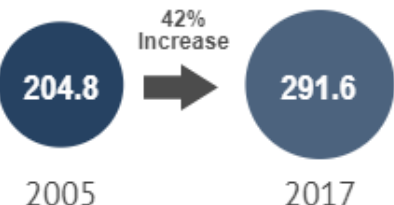
Youth Self-harm

Rate of ER visits for self-harm injuries among youth age 10-19 (per 100,000)



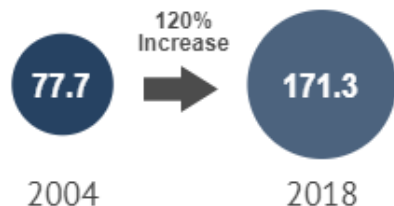
Sexually Transmitted Infections

Rate of new chlamydial infections (per 100,000)



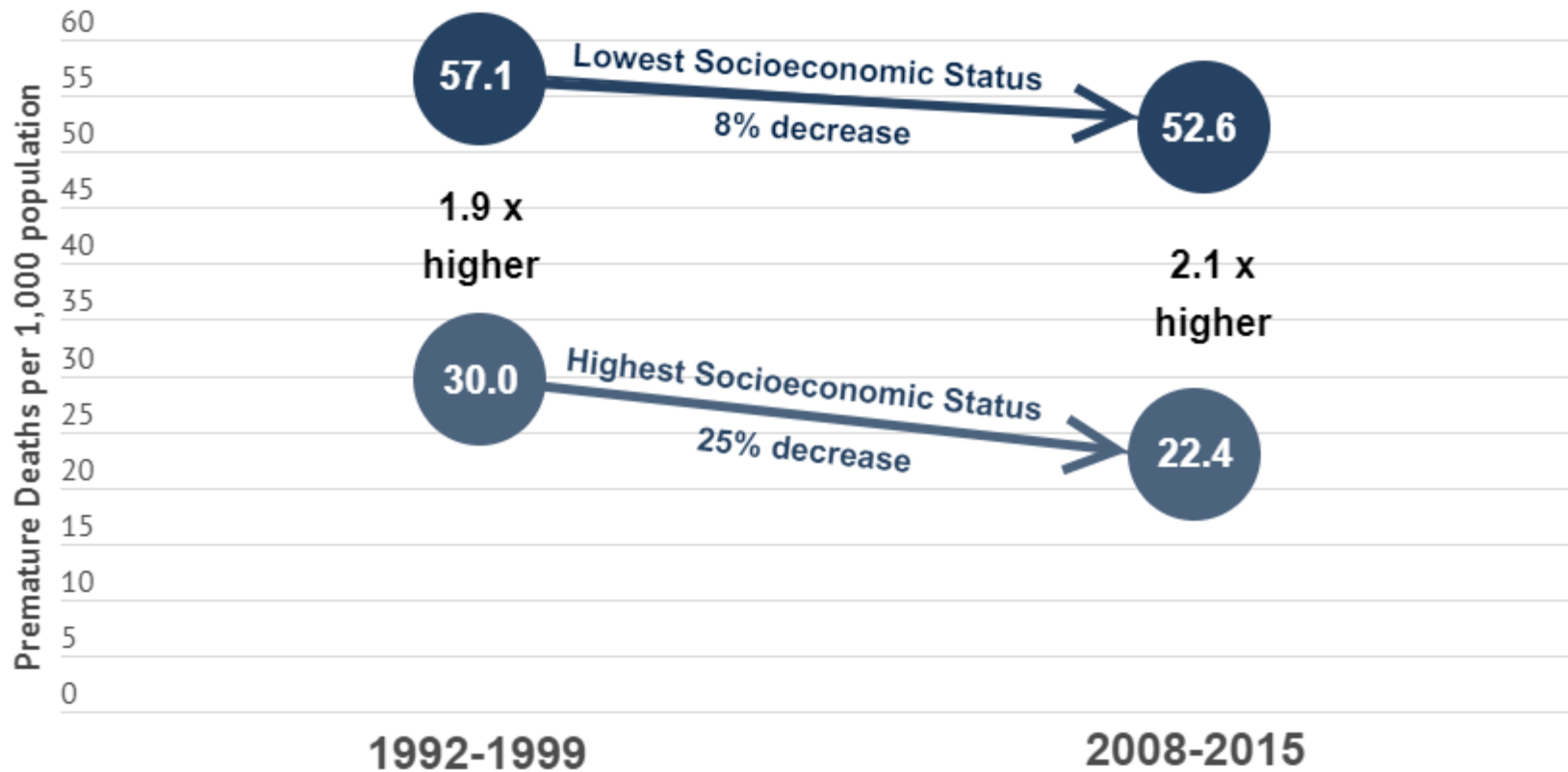
Seniors Oral Health

Rate of ER visits for dental care among seniors (per 100,000)



Health Equity in the City of Hamilton

Inequality of premature deaths by socioeconomic status, City of Hamilton (1992-2015)



Rosella et al. (2018). Ontario Atlas of Adult Mortality.

https://pophealthanalytics.com/wp-content/uploads/2018/09/OntarioAtlasOfAdultMortality_12Sept2018.pdf

Population Health in the City of Hamilton

Health Equity

Income, housing, social supports, and Indigenous identity are our major social determinants of health.



81,000

Hamiltonians live in low income households



3x

Marginalized Hamiltonians are 3 times more likely to die from an avoidable cause.



1 in 5

First Nations people living in Hamilton experienced racism that impacted their wellbeing

Healthy Weights

Excess weight, poor diet, and physical inactivity are very common and major drivers of illness and death in Hamilton.



2 in 3

Hamilton adults (age 18+) are overweight or obese



693

Number of preventable deaths due to poor diet and physical inactivity annually in Hamilton



\$875

Monthly cost for a family of four to eat healthy in Hamilton (2019)

Mental Health & Addictions

Drug overdoses and suicide are leading causes of death under age 45 in Hamilton. Both are trending upwards.



1 in 10

Hamiltonians (age 12+) have seriously considered suicide in their lifetime



123

Preventable deaths related to opioids in Hamilton in 2018



2%

Hamilton newborns have 4 or more risk factors for adverse childhood experiences

Our Priorities

Public Health Services has identified 3 priorities based on community needs:

- 1. Health Equity**
- 2. Healthy Weights**
- 3. Mental Health & Addictions**



Source: NCCMT

What is Health Equity?

- Health is influenced by a broad range of determinants, many of them are social determinants which are factors beyond our biology, behaviours, and lifestyle choices.
- **Health equity** is when all people can attain their full health potential because they are not disadvantaged by social determinants of health.

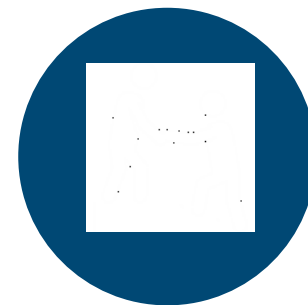


Source: Robert Wood Johnson Foundation

Health Equity Action Plan

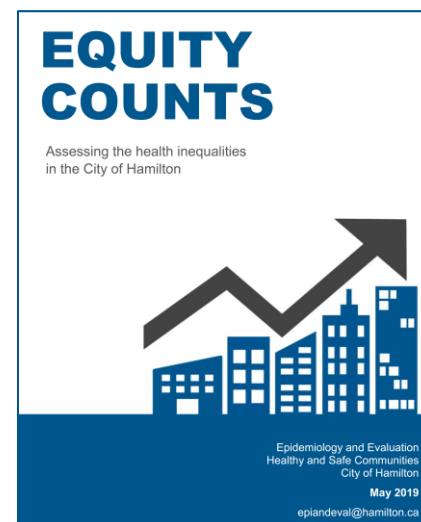
Goal

All Hamilton residents attain full health potential without disadvantage due to the social determinants of health.



Recommended Actions

- 1. Continue using population health data and evidence to identify health inequities and determine effective interventions to reduce those inequities in all program areas.**



Health Equity Action Plan

Recommended Actions

2. **Develop an Indigenous Health Strategy by developing relationships and engaging with Indigenous communities to address health inequities.**
3. **Provide Indigenous Cultural Competency Training for all PHS staff.**
4. **Work with system partners through the provision of health intelligence, collaboration and program delivery.**

Call to Action

Skills-based intercultural competency training for public servants was one of the Calls to Action from the Truth and Reconciliation Commission.

Healthy Weights Action Plan

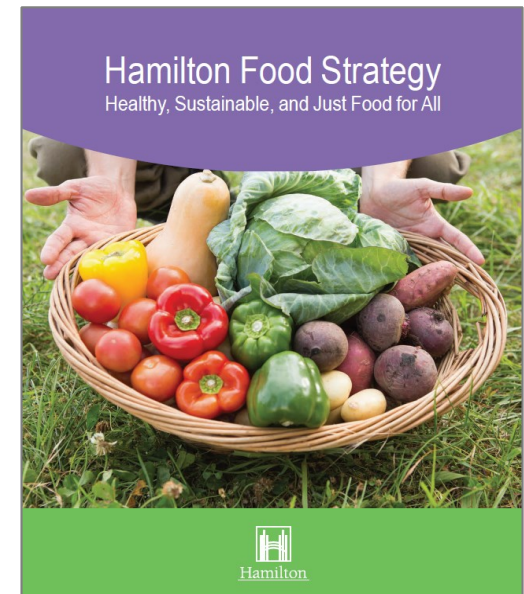
Goal

Hamiltonians achieve and maintain a healthy weight throughout their lives.



Recommended Actions

- 1. Continue implementation of priority actions within Hamilton's Food Strategy.**
- 2. Continue development of built and social environments that enable physical activity.**



Healthy Weights Action Plan

Recommended Actions

- 3. Implement actions from Hamilton's Vision Zero plan in collaboration with Public Works and community partners.**
- 4. Continue providing evidence-based programs that promote healthy lifestyles during preconception, prenatal / postnatal periods, and early years.**

Mental Health & Addictions Action Plan

Goals

1. All Hamilton residents live, learn, and grow in a supportive and connected environment to develop resiliency, healthy relationships, and coping.
2. All Hamilton residents are free of harm due to substance use and are able to enjoy the best quality of life.



Mental Health & Addictions Action Plan

Recommended Actions

- 1. Continue to identify and implement evidence-based programs to address stigma related to mental health & substance misuse.**
- 2. Develop a public health initiative to address community violence and identify strategies to reduce violence and the trauma associated with it.**
- 3. Incorporate a trauma-informed approach into PHS' programs and practices.**

Trauma-Informed Practice

Requires an understanding of trauma for all aspects of service delivery, where an individual's safety, choice, and control are a priority.

Mental Health & Addictions Action Plan

Recommended Actions

4. **Collaborate with school boards to deliver Positive Parenting Programs with a focus on parents of children with externalizing behaviours.**
5. **Identify opportunities to increase social connectedness for children and youth outside the school setting.**