



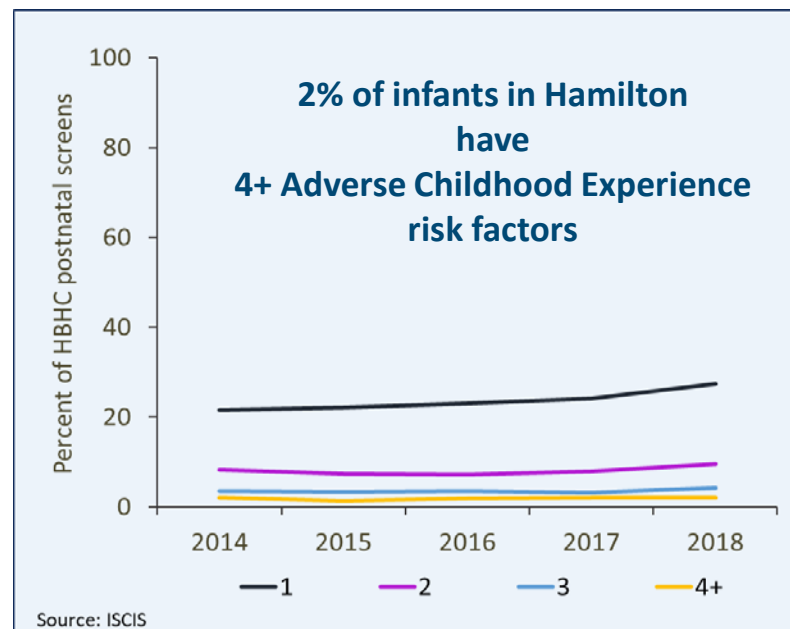
Health Equity Action Plan

Appendix "A" to
Report BOH19034

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

Population Health Indicators

- ▶ The concentration of urban poverty in Hamilton is among the highest in Canada. Those living in Hamilton's most materially deprived areas are 3x more likely to die prematurely from potentially avoidable causes of death.
- ▶ 81,000 Hamiltonians live in low income households.
- ▶ 44% of single parents with children live in low income households which is greater than the Ontario average (39%).
- ▶ Hamilton's Indigenous community is faced with many health and social inequities; 78% live in poverty. Indigenous Hamiltonians experience higher rates of infectious and chronic disease, and substance misuse compared to the non-Indigenous population.



Recommended Actions

- 1 Continue using population health data and evidence to identify health inequities and determine effective interventions to reduce those inequities across all program areas.
- 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 Public Health Services staff.
- 4 Work with system partners through the provision of health intelligence, and collaborate on strategy development and program delivery.

Measures of Success

- ▶ % of Public Health Services staff who have completed the Indigenous Cultural Competency Training
→ **Target: 50% by end of 2020**
- ▶ # of individuals who have been engaged in the development of the Indigenous Health Strategy



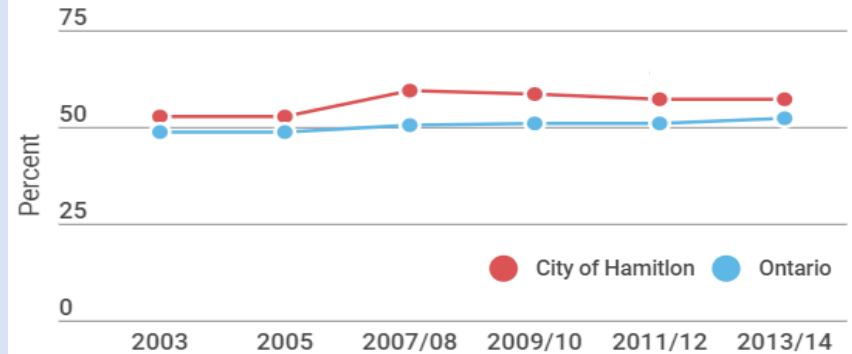
Healthy Weights Action Plan

GOAL: Hamiltonians achieve and maintain a healthy weight throughout their lives.

Population Health Indicators

- ▶ 5% of livebirths in Hamilton are underweight and 12% of livebirths in Hamilton are overweight
- ▶ Nearly 30% of youth and 60% of adults in Hamilton are self-reporting as overweight and obese
- ▶ Health problems associated with being overweight or obese include: type 2 diabetes, hypertension, heart disease, obstructive sleep apnea and certain cancers

Age-standardized self-reported **adult** combined overweight and obese rate, City of Hamilton and Ontario, 2003-2013/14



Source: Canadian Community Health Survey

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.
- 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.

Measures of Success

- ▶ % of total food items on recreation concession menus that fit the green choice guideline → **Target: 10% by end of 2020**
- ▶ % of targeted community agencies staff/volunteers with increased knowledge following food and nutrition training → **Target: 70% by end of 2020**
- ▶ % of schools with School Travel Planning Level 1 Certification → **Target: 76% by end of 2020**
- ▶ % of children (18mth – 5yrs) enrolled in the home visiting program for whom a NutriSTEP tool was completed → **Target: 50% by end of 2020**



Mental Health & Addictions Action Plan

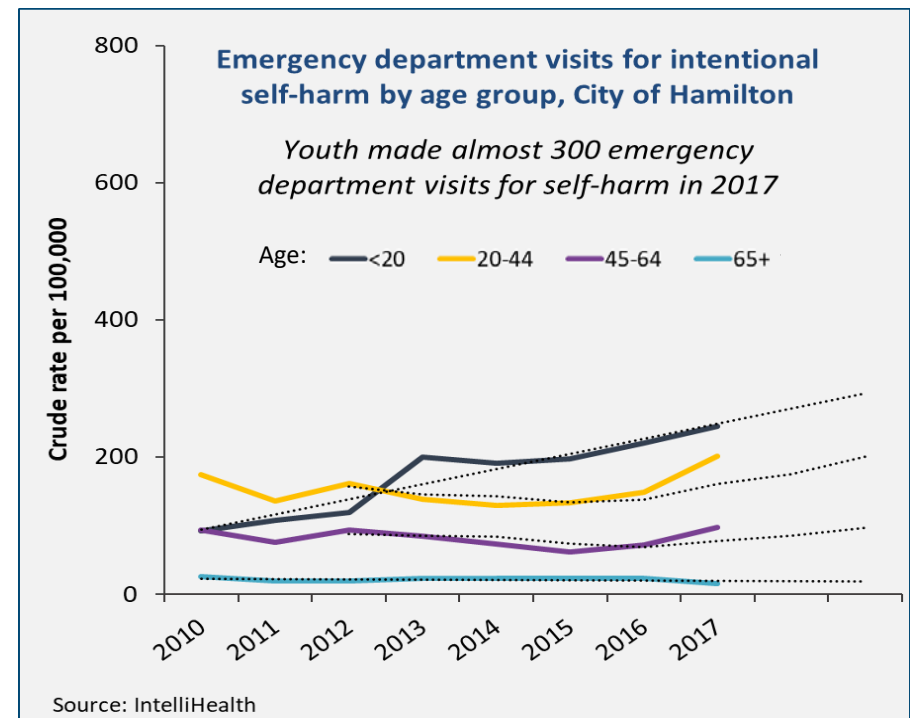
GOAL #1: All Hamilton residents live, learn, and grow in a supportive and connected environment to develop resiliency, healthy relationships, and coping.

GOAL #2: All Hamilton residents are free of harm due to substance use and are able to enjoy the best quality of life.



Population Health Indicators

- ▶ 856 visits were made by Hamiltonians to an emergency department for self-harming behaviours in 2017. There was a significant increase in these rates among those age 19 and younger between 2010 and 2017.
- ▶ In 2015, there were 2,753 hospitalizations for mental illness in Hamilton.
- ▶ Hospitalization for anxiety disorders and disorders of adult personality and behaviour are higher in Hamilton compared to Ontario.
- ▶ Locally, the rate of opioid-related deaths increased by 326% between 2005 and 2018, with 123 deaths recorded in Hamilton last year.
- ▶ Emergency department visit rates for opioid overdoses are highest among males 25-44 years of age.
- ▶ The most commonly used substance among youth is alcohol (60%), followed by cannabis (30%), and opioids (~13%). Youth are an important group to monitor as adolescence is a time of critical brain development.



Mental Health & Addictions Action Plan *continued...*

Recommended Actions

- 1 Continue to identify and implement evidence-based programs to address stigma related to mental health and 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 Public Health Services' programs and practices.
- 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 of the school setting.

Measures of Success

- ▶ % of adult Hamiltonians who report awareness of the substance use anti-stigma campaign key messages
→ **Target: 10% by Q3 2020**
- ▶ % of Hamilton Drug Strategy partners who have substance use stigma core competencies for staff
→ **Target: 100% by end of 2022**
- ▶ Complete inventory of evidence-based public health interventions on community violence by end of 2019
- ▶ Complete an audit of current PHS programs and services for alignment with trauma and violence informed care principles by end of 2019
- ▶ % of identified PHS program areas that have completed trauma and violence informed care training
→ **Target: 50% by Q3 2020**
- ▶ % of targeted schools with 80% of annual action plans related to mental health completed
- ▶ Complete a feasibility pilot for the delivery of positive parenting programs by June 2020
- ▶ Complete an audit of the cost of social connectedness for children ages 6-12 in Hamilton by Q2 2020