

From: [allhealthunits](#) on behalf of [alPHa communications](#)
To: AllHealthUnits@lists.alphaweb.org
Cc: board@lists.alphaweb.org
Subject: [allhealthunits] April 2023 InfoBreak
Date: Monday, April 17, 2023 3:00:51 PM

[View this email in your browser](#)

PLEASE ROUTE TO:
All Board of Health Members
All Members of Regional Health & Social Service Committees
All Senior Public Health Managers

April 17, 2023

Logo



April 2023 InfoBreak

This update is a tool to keep alPHa's members apprised of the latest news in public health including provincial announcements, legislation, alPHa activities, correspondence, and events. Visit us at alphaweb.org.

Leader to Leader – A Message from the alPHa President - April 2023



Did you know that technically alPHa has only 34 members? The members are Ontario's 34 Boards of Health! alPHa, though, is so much more — especially when you consider the substantial number of member representatives including Medical Officers

of Health, Associate Medical Officers of Health, Board of Health members, and health units' senior leadership in the seven public health affiliate disciplines. They all contribute to alPHA's strength, unity, and collective voice for local public health.

In April, the alPHA Board met with Liz Walker, Executive Lead from the Office of the Chief Medical Officer of Health, Ontario Health Executive Vice President Dr. Christopher Simpson, and Public Health Ontario President and CEO Michael Sherar. The Board was also pleased Michael Jacek from the Association of Municipalities of Ontario (AMO) joined us and spoke of the value of the Boards of Health Section, their role in public health and reinforcing the value of the relationship between alPHA and AMO, which includes a strong staff-to-staff connection. alPHA leadership is also presenting to the Northwestern Ontario Municipal Association (NOMA) at the end of April and will be participating in the AMO AGM and Conference this August.

alPHA and its Board are on task as it strives towards the deadline of October 2024 to ensure compliance with the Ontario Not for Profit Corporations Act (ONCA). Laying the groundwork for strategic planning for beyond 2023 has been a key focus for the alPHA Board as we prepare for the AGM and Conference, where all of alPHA's members will be engaged in this process.

alPHA's work focusses on supporting its members through the resources and networking within this newsletter, providing timely and relevant information through its email lists, website, and the on-going production of the Public Health Matters series of infographics and videos. These tools keep the information and discussion going between regular meetings and symposiums.

On behalf of its members, alPHA continues its advocacy for local public health with Ontario's decision-makers and public health influencers by continually profiling the importance of public health's upstream focus on prevention, communicating the key role local public health plays in communities, and reinforcing the extraordinary value of the work carried out by Ontario's boards of health and public health professionals.

May will introduce alPHA's Workplace Health & Wellness Month, dedicating additional resources to support physical and mental health for members. Be sure to use social media to share your activities because we want to see our members in action!

I was pleased to be a moderator and a speaker at The Ontario Public Health Covention (TOPHC) virtual event on March 27th, along with Loretta Ryan, alPHA's Executive Director who led an interactive workshop. alPHA was pleased to promote TOPHC's events. We were also pleased to profile, via social media, the Canadian Public Health Association's Canadian Public Health Week 2023.

Congratulations to alPHA's Executive Director, Loretta Ryan, on the nomination by her member peers in the Canadian Association of Society Executives (CSAE) for the 2023 Empowering Leader Award. This award recognizes a member who is focussed on advancing association excellence through knowledge sharing in the membership community. alPHA is fortunate to have Loretta, an empowering leader at its helm.

Additionally, only alPHA members are permitted to attend alPHA's first [in-person conference](#) in more than three years in Toronto from June 12th to June 14th. It will include alPHA's 2023 AGM, plenary sessions, Section meetings and more on key public health issues. If you require accommodations, be sure to book them as soon as possible.

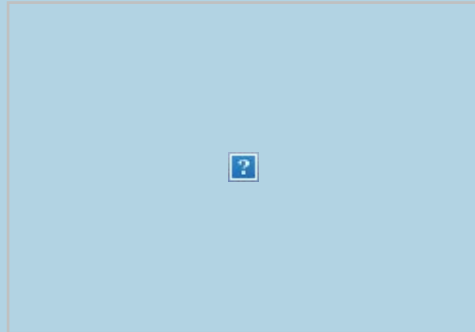
The alPHA Board and alPHA staff recognize and understand the challenges facing our members and continue to work tirelessly on your behalf. alPHA and local public health are all made stronger through the work done together — as one unified voice. Thank

you for your commitment and leadership to local public health.

Trudy Sachowski
alPHa President

If your actions inspire others to learn more, do more and become more – you are a leader.

Shareable alPHa public health materials - Public Health Funding Advocacy



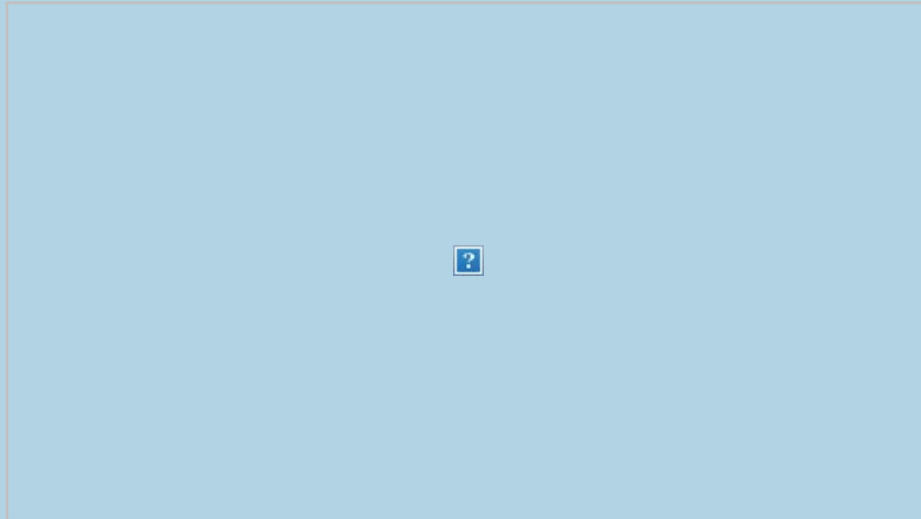
alPHa has documents to profile public health and the important role the association plays in the sector. These include correspondence on public health funding advocacy. These submissions, infographics, videos and other products are supported by the numerous alPHa/Ministry/stakeholder meetings, emails, conferences/symposiums, presentations and other activities to support these efforts.

- [alPHa Summary – Budget 2023](#)
- [alPHa Letter - 2022 CMOH Annual Report](#)
- [alPHa Letter - Meeting Request -PA Premier](#)
- [alPHa Letter - Meeting Request - Min. Health](#)
- [alPHa Letter - Meeting Request - Min. Finance](#)
- [Public Health Matters Infographic #2](#)
- [Public Health Matters Video #2](#)
- [alPHa Letter - 2023 Pre-Budget Submission](#)
- [alPHa Letter - PH Funding Research Proposal](#)
- [alPHa Letter - The Future of Public Health](#)
- [Public Health Matters Infographic](#)
- [Public Health Matters Video](#)
- [alPHa Letter to Candidates - Election Primer 2022](#)
- [alPHa Letter to Members - Election Primer 2022](#)
- [alPHa Report: PH Resilience 2022](#)
- [alPHa Report: PH Resilience 2022 Executive Summary](#)
- [alPHa Letter - 2022 Pre-Budget Submission](#)
- [alPHa Letter -Extraordinary COVID-19 Funding](#)
- [alPHa Letter -Support for Research Project](#)
- [alPHaLetter - Minister of Health Meeting](#)
- [alPHa Letter -Health Critic Meeting](#)
- [Public Health Renewal Resource Page](#)

These documents can be widely shared and demonstrate the value and return on investment public health provides. These are also useful for meetings with local

councillors, MPPs, and other important stakeholders. Members are strongly encouraged to use these resource materials.

alPHa Annual General Meeting and Conference - Important Updates and Information



alPHa's 2023 Annual General Meeting and Conference will continue the important conversation on the role of Local Public Health in the province's Public Health System. On Monday, June 12, we will get things underway with a walking tour in the afternoon and an opening evening reception. The AGM, consideration of Resolutions, Plenary Sessions, and presentation of the 2023 Distinguished Service Awards will take place on Tuesday, June 13. The half-day Section meetings will be held on the morning of Wednesday, June 14. alPHa is very pleased to announce the Conference is being co-hosted by Toronto Public Health, with generous support from the University of Toronto's Dalla Lana School of Public Health and the Temerty Faculty of Medicine. alPHa is looking forward to hosting these in-person events and encourages all members to participate. You can register [here](#).

IMPORTANT: Attendees are encouraged to book accommodations as soon as possible. alPHa does not have a room block. There are a number of nearby hotels including the [Chelsea Hotel Toronto](#), the [Holiday Inn](#), and [DoubleTree by Hilton Hotel Toronto Downtown](#).

Documents, such as the Preliminary Program, can be found [here](#). The Conference Poster is available through [this link](#), and Sponsorship information can be found [here](#). Please check the website often for updates. The [June 2023 alPHa AGM Notice and Package are also available](#). Individual documents from the package are below.

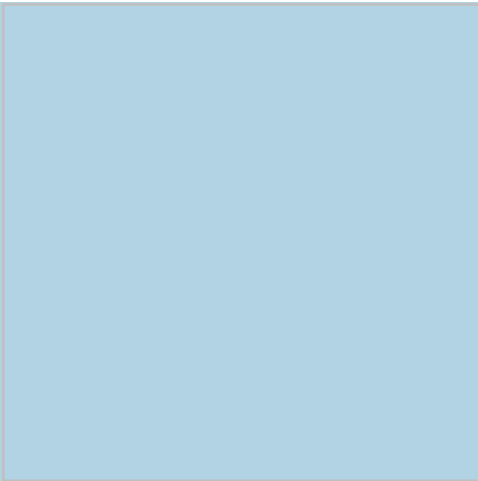
- [Notice for the 2023 alPHa Annual General Meeting](#)
- [Call for 2023 alPHa Resolutions](#) (deadline: Friday, April 21st, 2023)
- [Call for 2023 alPHa Distinguished Service Awards](#) (deadline has passed. Thank you for your submissions.)
- [Call for Board of Health Nominations](#) (deadline: Wednesday, June 7th, 2023. But candidates are strongly encouraged to submit earlier.)

We hope to see you at these in-person events. If you have any questions, please do not hesitate to reach out to Loretta Ryan at loretta@alphaweb.org.

The Conference and AGM is co-hosted by alPHa and Toronto Public Health, with generous support from the University of Toronto's Dalla Lana School of Public Health and the Temerty Faculty of Medicine. alPHa would like to thank Mosey & Mosey for sponsoring the awards lunch. If you are interested in becoming a sponsor, alPHa welcomes your support. Further information can be found [here](#).



Conference & AGM Keynote Speaker: Rest Refocus and Recharge



Apply the cutting-edge science of brain states to perform at the highest level

Dr. Greg Wells shares his insights on how to unlock the power of alternating peak performance with deep rest in this informative and practical keynote. Based on his groundbreaking book, *Rest Refocus Recharge*, Dr. Wells will explain how our brains and bodies are designed to operate in cycles of work and rest, and how we can harness the power of both to improve our health, well-being, and performance.

Drawing on the latest research in neuroscience and physiology, Dr. Wells will provide a step-by-step guide to optimizing your mental and physical health through strategic rest and relaxation. You'll learn how to identify the five different brain states, each with a distinct function, and how to intentionally trigger these states to achieve your potential.

During this session, Dr. Greg Wells will share valuable insights on how to improve your focus, creativity, and problem-solving abilities by incorporating rest and regular breaks into your workday. He will also discuss how harnessing the power of sleep can boost your brainpower, creativity, and performance. Additionally, Dr. Wells will cover the importance of developing daily rituals and routines that promote relaxation and recovery, cultivating a growth mindset, and embracing the power of learning and self-improvement.

This presentation is designed to provide evidence-based actionable strategies for enhancing your mental and physical performance and better cope with stress and adversity, and how to create a culture of rest and recovery in your workplace or team. These techniques will help you achieve your potential and perform at your highest level while also improving the overall health and well-being of you and your team.

Key Learnings:

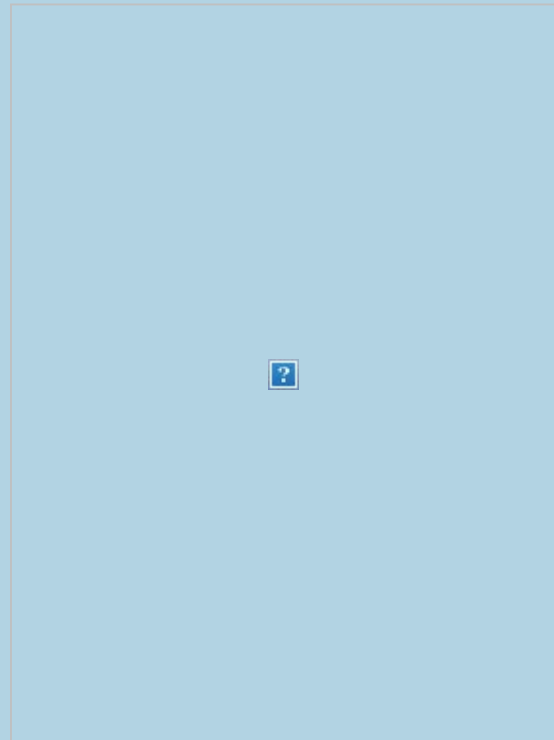
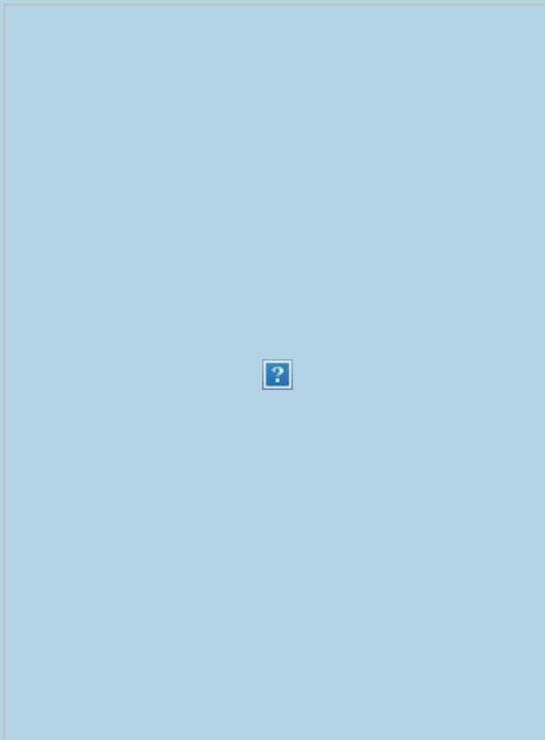
- Slow down to speed up.
- Your brain wasn't designed to be in constant go mode.
- Constantly driving yourself undermines your performance and health.
- Rest and relaxation are critical for peak performance and optimal health.
- There are five different brain states, each with a distinct function: recovery, learning and strategic thinking, focused execution, creativity, and peak performance.

By intentionally triggering these brain states, you can achieve your potential, individually and as a team.

Come and hear Dr. Greg Wells speak, and ensure you are performing at your highest level. Interested in learning more about Dr. Greg Wells and the topics he covers? Here are some blog entries for you to explore:

- [Breathwork](#)
- [Mindful Movement](#)
- [Energize](#)
- [From Languishing to Thriving](#)

alPHA Workplace Health and Wellness Month is happening in May



[alPHA Workplace Health and Wellness Month](#) will soon be here! This is an opportunity for all alPHA members to engage in activities that promote physical and mental health for at least 30 minutes during the month of May. **We encourage all members to participate!** You can participate and share your success via Twitter. All you have to do is tweet a picture, tag @PHAgencies, and use the hashtags #PublicHealthLeaders and #alPHA2023. The pictures will be highlighted at this year's Conference and AGM.

alPHA has also launched the [Workplace Health and Wellness Resources](#) page. You can use it to help you improve your mental and physical well-being by taking the information provided and adapting it to the best way to take care of yourself.

Start living a healthier life with these simple tips



In conjunction with alPha's new Workplace Health & Wellness Month, we have some tips to help you live a healthier life.

Breathing exercises can help promote calmness, increase focus, and help you perform your best. They can also be simple to do! For more info, check out the infographic [here](#).

If you need more sleep, our [newest infographic](#) can help. The infographic provides tips such as not working from your bed and having a bedtime to help you improve your sleep.

National Volunteer Week - April 16-22, 2023

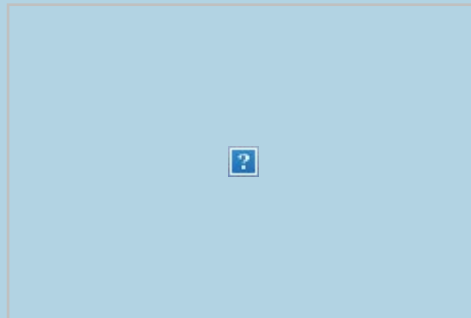


Volunteering Weaves Us Together

alPHa celebrates our individual and collective actions in creating a strong, interconnected and vibrant association! Volunteers strengthen the fabric of our association by sharing time, talent and energy to support Ontario's local public health system.

As we celebrate National Volunteer Week, alPHa would like to give a special shout out and thanks to the alPHa Board of Directors and the many members that volunteer for committees and working groups.

Affiliates Update



- The Food Insecurity Workgroup of [Ontario Dietitians in Public Health \(ODPH\)](#) received the 2022 Lori Chow Memorial Health Promotion Award (through ODPH member Marie-Ellen Prange).
 - ODPH made a [submission](#) to Ontario's [pre-budget consultation](#) regarding Household food insecurity (HFI) and inadequate Ontario Works rates.
-

2021 Census data sorted by health region now available



On March 29, 2023, Statistics Canada published the demographic information gathered via the 2021 Census, sorted by health region, which includes detailed profiles for each Ontario public health unit. alPHa has provided direct links to each on [this page](#). Please note the list is sorted by the legal names of the PHUs as they appear in Ontario Regulation 553.

Lyme disease clinical guidance document updated

Ontario Health, in collaboration with Public Health Ontario, has updated a clinical guidance document that outlines what high-quality care looks like for people who have experienced a tick-bite or have developed early localized Lyme disease. This updated clinical guidance document can be used to help:

- Health care professionals know what care they should be offering
- Health care organizations improve the quality of care they provide

Please [download](#) and share the Lyme disease clinical guidance document with your networks.

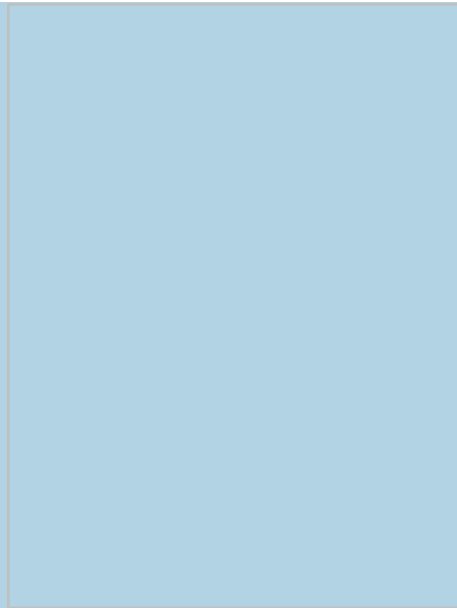
For more information, please contact Evidence@OntarioHealth.ca.

Promoting Resilience: A Science-Informed Approach to Decision-Making



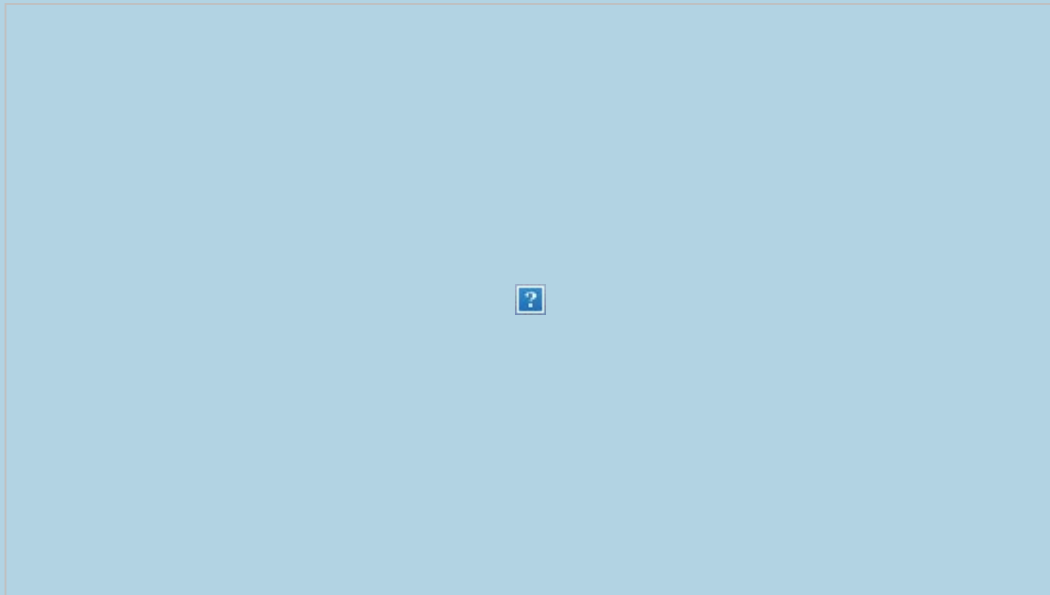
The purpose of this module is to raise awareness about the role of early development in long-term health, the science of adversity, and the importance of resilience and its relationship to wellbeing. The module describes actions boards of directors, community leaders, and other decision makers can take to prevent and reduce the effects of adversity and build community resilience. WGD Public Health is a partner and ALPHA members are encouraged to register. [Register here.](#)

Ontario Public Health Directory updated



The Ontario Public Health Directory has been updated since the beginning of the year. Please ensure you have the latest version by clicking [here](#).

Boards of Health: Shared Resources

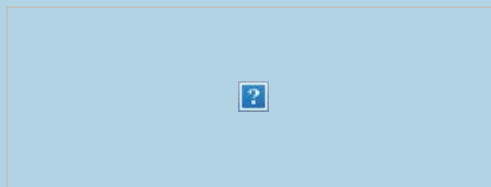


A resource [page](#) is available on alPHA's website for Board of Health members to facilitate the sharing of and access to orientation materials, best practices, by-laws, resolutions, and other resources. If you have a best practice, by-law or any other resource that you would like to make available, please send a file or a link with a brief description to gordon@alphaweb.org and for posting in the appropriate library. Resources available on the alPHA website include:

- [Orientation Manual for Boards of Health](#) (Revised Feb. 2023)
- [The Ontario Public Health Standards](#)
- [Public Appointee Role and](#)

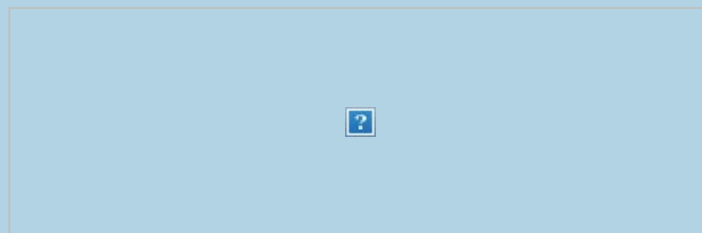
- [Review of Board of Health Liability, 2018, \(PowerPoint presentation, Feb. 24, 2023\)](#)
- [Legal Matters: Updates for Boards of Health \(Video, June 8, 2021\)](#)
- [Obligations of a Board of Health under the Municipal Act, 2001 \(Revised 2021\)](#)
- [Governance Toolkit \(Revised 2022\)](#)
- [Risk Management for Health Units](#)
- [Healthy Rural Communities Toolkit](#)
- [Governance Overview \(for Provincial Appointees to BOH\)](#)
- [Ontario Boards of Health by Region](#)
- [List of Units sorted by Municipality](#)
- [List of Municipalities sorted by Health Unit](#)
- [Map: Boards of Health Types](#)
- [NCCHPP Report: Profile of Ontario's Public Health System \(2021\)](#)
- [The Municipal Role of Public Health \(2022 U of T Report\)](#)

AMO 2023 Ending Homelessness Symposium



The Association of Municipalities of Ontario (AMO) is holding an **Ending Homelessness Symposium** on May 3-4, 2023. This one and a half-day event is open to elected officials; municipal staff; social, health, and economic partners; and all interested sector associations. AMO's Ending Homelessness Symposium will offer perspectives on the root causes of homelessness – including income insecurity, insufficient supply of deeply affordable housing, insufficient responses to mental health and addictions challenges and the policy responses required. Deadline to register is April 26th. More information, including how to register, can be found [here](#).

Public Health Ontario



PHO Mandate Letter

PHO's mandate letter for 2023-2024 is now available. You can read it [here](#).

Public Health Ontario's Open Call for Proposals: Indirect Impacts of COVID-19

Public Health Ontario is currently accepting proposals from public health units for funding (up to \$125,000) to support research or evaluation projects focusing on the

indirect impacts the COVID-19 pandemic has had in Ontario in one of three priority areas:

1. **Public health innovations:** Projects may focus on the evaluation of a COVID-19 innovation, continuous quality improvement, or research to scale up existing innovations.
2. **Public health programs and interventions impacted by the pandemic:** Projects may focus on understanding the impact of reduced public health services, programs or strategies.
3. **Understanding pandemic impacts on mental health:** Projects may focus on understanding pandemic impacts on mental health, including harm reduction and prevention in substance use, and may consider specific populations. Projects may also focus on understanding and/or strategies related to pandemic mental health impacts for the public health workforce.

Funding Eligibility

Applications are open to all public health units (PHU). Project proposals must meet the following criteria:

- be led by a PHU, in cooperation with at least one other PHU as a co-applicant
- work in meaningful collaboration with local academic and/or community organizations
- meaningfully engage at least one student
- promote health equity
- address a public health issue within the identified priority areas of COVID-19 consequences
- involve research and/or program evaluation activities
- create knowledge that is transferable across the public health system, and share that knowledge by developing and implementing a knowledge exchange plan

For full application instructions, examples of project ideas and evaluation criteria, please visit PHO's [Locally Driven Collaborative Projects \(LDCP\) Program](#) webpage or download the [full application package](#).

The deadline to apply is **Friday, May 12, 2023 at 5 p.m. ET.**

COVID-19 Variants of Concern

- [Estimates of Omicron Sub-lineage BQ.1 Severity in an Ontario-based Matched Cohort Study of Cases: August 4 – December 28, 2022](#)
- [Phylogenetic Analysis of SARS-CoV-2 in Ontario](#)

COVID-19 Epidemiological Surveillance Report

- [SARS-CoV-2 Genomic Surveillance in Ontario](#)
- [COVID-19 Wastewater Surveillance in Ontario](#)
- [Respiratory Virus Overview in Ontario](#)
- [Comparison of COVID-19 Hospitalizations and Deaths in 2022 and 2021](#)

Additional Resources – New

- [Invasive Group A Streptococcal \(iGAS\) Disease in Ontario: October 1, 2022 to February 28, 2023](#)
 - [Recommendations: High-risk Spring 2023 COVID-19 Vaccine Booster Dose Program in Ontario](#)
 - [Mpox in Ontario](#)
-

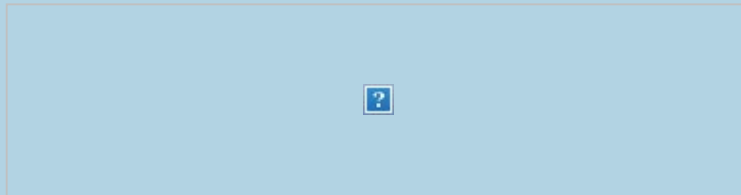
Upcoming PHO Events

- **Thursday, April 13** - [PHO Rounds: Changes to Serological Testing of Lyme Disease](#) – 12:00 p.m. to 1:00 p.m.

Interested in their upcoming events? Check out their [Events](#) page to stay up-to-date with all PHO events.

Missed an event? Check out our [Presentations](#) page for full recordings our events.

TOPHC 2023



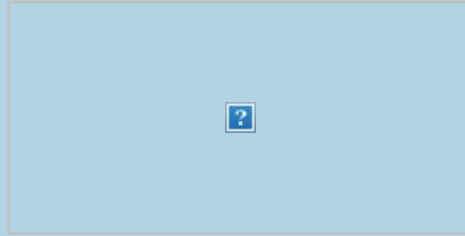
A special shoutout to Trudy Sachowski who represented alPha’s volunteer leadership and TOPHC and moderated a session. Kudos to alPha’s Dr. Eileen de Villa for speaking at the event. Special thanks to alPha’s Executive Director, Loretta Ryan, who worked over the past year to help create this event and who also moderated a session.

Upcoming DLSPH Events and Webinars



- [Environments and Health Research Summit \(Apr. 17-18\)](#)
 - [Data Science Speaker Series/Temerty Centre Speaker Series: Melissa Haendel \(Apr. 17\)](#)
 - [Fast, vast, and diverse: Canada's COVID-19 vaccine programs \(Apr. 18\)](#)
 - [Routine immunization: Reaching every child \(Apr. 20\)](#)
 - [Corruption During COVID-19: Looking Forward and Backward \(May 8-9\)](#)
-

RRFSS is the 'RAPID' Risk Factor Surveillance System!



- RRFSS provides responsiveness not available in other population health surveys.
- RRFSS data is delivered three times per year.
- CCHS data is only available for 2019/2020.
- Responding 'Rapidly' to public health
-this is what RRFSS was created to do!

There is still opportunity get RRFSS data in 2023!

Health units can join RRFSS 3 times per year: January, May, and September, so there is still opportunities to join RRFSS in 2023. RRFSS participation is possible on any size budget, big or small!


To collect 2023 RRFSS data and create a survey package and customizable budget contact: Lynne Russell, RRFSS Coordinator: lynnerrussell@rrfss.ca

COVID-19 Update

The Ministry of Health COVID-19 resource pages:
<https://www.ontario.ca/page/covid-19-coronavirus> (English)
[Ministry of Health - guidance for the health sector](#)
[Public Health Ontario's COVID-19 landing page](#)
[Public Health Agency of Canada's COVID-19 landing page](#)
[alPHa's recent COVID-19 related submissions can be found here.](#)

As part of the ongoing response to COVID-19, alPHa continues to represent the public health system and work with key stakeholders.

alPHa Correspondence



Through policy analysis, collaboration, and advocacy, aPHa's members and staff act to promote public health policies that form a strong foundation for the improvement of health promotion and protection, disease prevention, and surveillance services in all of Ontario's communities. Below are submissions that have been sent in since the last newsletter. A complete online library is available [here](#).

[aPHa Letter - Alcohol Health Warning Labels](#)

An April 17th, 2023 letter from the President of the Association of Local Public Health Agencies on behalf of the Council of Ontario Medical Officers of Health, Boards of Health, and Affiliate Organizations to the Minister of Health, Jean-Yves Duclos. It expresses support for the Senate Bill S-254 An Act to amend the Food and Drugs Act (warning labels on alcoholic beverages), calling on the federal government to implement alcohol warning labels.

[aPHa Letter - Marketing to Children](#)

An April 5th, 2023 letter from the President of the Association of Local Public Health Agencies on behalf of the Council of Ontario Medical Officers of Health, Boards of Health, and Affiliate Organizations to Prime Minister Justin Trudeau. It urges the prime minister to accelerate action on the promise to enact restrictions on the marketing of food high in sodium, sugars, and saturated fats to kids.

[aPHa Letter - Budget 2023 and Oral Health](#)

An April 5th, 2023 letter from the President of the Association of Local Public Health Agencies on behalf of the Council of Ontario Medical Officers of Health, Boards of Health, and Affiliate Organizations to Deputy Prime Minister & Minister of Finance, Chrystia Freeland. They thanked the federal government for the dental health-related announcements in the 2023 budget and reminded the minister of the call for universal access to preventative and treatment dental health services for all Canadians.

News Releases

The most up to date news releases from the Government of Ontario can be accessed [here](#).



Copyright (C) *|2022|* *|Association of Local Public Health Agencies|*. All rights reserved.

Our mailing address is:
|480 University Ave. Suite 300 Toronto, Ont. M5G 1V2|

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)

Email Marketing Powered by Mailchimp

