



A message from Dr. Nancy Cameron, Medical Officer of Health

It was an exciting year for public health in the province. The new **Ontario Public Health Standards** came into force. They establish requirements for fundamental public health programs and services that health units must provide in their communities. They include broad range of population-based activities to protect and promote health.

Our health unit program teams spent time in 2009 developing a good understanding of the Standards and how we will implement them in our county. We will be working closely with community partners to reduce health inequities.

I would like to thank all our community partners, including those in healthcare, education, social services, environment, government bodies and institutions, the private sector and our volunteers for their dedication, enthusiasm, hard work and contribution throughout 2009.

I would also like to thank the health unit staff and **Board of Health** for their warm welcome as I commenced my position here in April of 2009.

H1N1 Response - It was a very different flu season! The **H1N1 flu** was the largest health story of 2009. In Huron County, 29 cases of H1N1 were lab confirmed and no deaths were reported.

Huron gets "in motion" - Thirty elementary schools and 611 students participated in the Turn Off the Screens, Get "in motion" challenge. Throughout the year our recreation and trail partners offered more than 285 free community activities.

Raising Healthy Children - The health unit received 1,863 referrals to our **Healthy Babies/Healthy Children** program.

Safe Beach Water - 1,605 water samples taken from 14 beaches along Huron County's shoreline. Based on **sample results** from the last five years, no Huron County beaches will be posted as unsafe for swimming at the start of the 2010 season.

1,996 private drinking water samples received and reviewed.
Test your well water.

1,138 inspections of restaurants, grocery stores etc.

93 health hazard complaint investigations.

130 people certified in Safe Food Handling courses. **Keep your food safe.**

154 animal bite investigations.
Protect yourself.

2,216 Good Food Boxes of fresh, mostly local vegetables and fruits delivered. **Order one.**

Youth Tackle Tobacco - The Youth Action Alliance, Rebels with a Cause, ran 11 campaigns aimed at youth about the dangers of **tobacco use**. In late fall the Youth Action Alliance made a transition into what is now the Youth Engagement Strategy.

The Cost of Eating Well - Food costing survey shows it's a challenge for low income Huron County residents to feed themselves and their families. The weekly food cost for a family of four in Huron County is \$175.26.

Addressing Addiction - Huron Addiction Services worked across the county providing alcohol, drug and gambling counselling services to over 425 people of all ages. Services are free and confidential.

Healthy Sexuality - Over 300 clients visited **sexual health clinics**. The reported Chlamydia rates for the county rose in 2009.

Partnerships to Prevent Suicide - The health unit worked with community partners to offer Applied Suicide Intervention Skills Training workshops to caregivers on suicide intervention and prevention.

Supporting New Parents - Over 640 Huron County women gave birth and 72% had a postpartum home visit by a public health nurse. 350 families received a postpartum telephone contact.

Mumps is Back - Long forgotten diseases are coming back again. Although we had no reports of **mumps** in Huron County, outbreaks are happening across Canada, mainly among young adults. The health unit offered six vaccination clinics and immunized 170 residents with a needed 'catch-up' vaccine.

Emergency Planning - Much of the focus this year was in response to the H1N1 pandemic. We created numerous **H1N1 resources**, posters and factsheets in response to H1N1 that were widely dispersed to community partners, target groups and the public.

The Health of Huron Residents - The **Community Health Status Report** was released providing a snapshot of the health status of our community.

456 three-year olds screened for developmental growth to assess for any need for referrals to community resources.

11,000 people vaccinated by the health unit against H1N1 and seasonal influenza. [Learn more.](#)

Over **50%** of Grade 8 girls had the **HPV vaccine** to protect against cervical cancer.

97% of all known personal service settings (tattoo parlours, beauty shops etc) inspected.

100% of all at-risk facilities such as long-term care homes, hospitals, and day cares inspected for food safety and infection control.

Total 2009 Operating Costs \$5,726,700

