

HEALTHY ENVIRONMENTS, HEALTHY COMMUNITIES

Monitoring and inspecting to protect public health



35,677

the number of food establishment inspections in 2014

3,935

Personal Service Inspections Conducted



Personal Service Inspections

TPH works to ensure that personal services settings (PSS) are clean and use practices that prevent the spread of infections like hepatitis B, hepatitis C and human immunodeficiency virus (HIV), and other fungal and bacterial infections. The BodySafe program inspects personal service facilities like hairstyling and barbering, tattooing, micropigmentation, ear and body piercing, electrolysis, manicures, pedicures or aesthetics services throughout the year against rigorous health and safety criteria.

3,935 personal service inspections were conducted in 2014.

Inspections conducted:

- Hair and/or barbering services: **2,247**
- Tattoo: **92**
- Body piercing: **46**
- Ear Piercing: **161**
- Nails: **1,086**
- Aesthetics: **1,559**



130 Tanning bed facilities inspected

TPH implemented the provincial Skin Cancer Prevention Act (SCPA) which bans the use of tanning beds by youth under 18 years of age. Tanning bed use increases the risk of the deadliest form of skin cancer, malignant melanoma.

Safe Water Disclosure Website Helps Individuals, Families Swim Safe

In 2014, Toronto Public Health launched a new Safe Water Disclosure Website to help individuals and families have a safe and healthy swimming experience. The site provides access to inspection status of Toronto's public beaches, pools and spa facilities.

From June to August, the City of Toronto takes daily water samples from the supervised beaches across the city and tests for E. coli bacteria. When E. coli levels are high Toronto Public Health posts warning signs against swimming. Visit toronto.ca/health/swimsafe

SwimSafe

4,817

Swimming pool and beach inspections

8

The number of Blue Flag Toronto beaches with high standards of water quality excellent for swimming and protected for future generations.

Blue Flag is an eco-labeled awarded to beaches that achieve high standards against 29 criteria

A healthy environment is vital for to optimal health. Preventing exposure to hazards or disease in homes and businesses, inspecting the health and safety of swimming pools, spas, wading pools, restaurants, hair/barber shops, tattoo parlours and more – TPH works to help ensure a healthy environment for Toronto residents.

From the food we eat, to the places we live and work, to the safety of water and air, TPH's city-wide network of staff, works to contain, mitigate and eliminate environmental threats to public health.

Healthy Homes

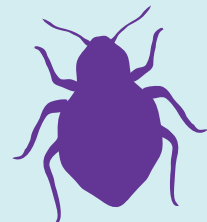
TPH helps Toronto residents by responding to possible hazardous substances and conditions in homes, public places and the workplace.



Hazardous Conditions

2,180

Complaints about possible hazardous conditions in residences in 2014 investigated and addressed



Bed Bugs

1,368

Bed bug complaints and requests followed up and addressed

Public Health Inspectors with Toronto Public Health's Bed Bug Control Initiative continued to provide information and guidance on bed bug prevention and control to Toronto's residents.

TPH investigates and provides nursing services to support our most vulnerable residents living in rental homes who face physical, psychological and/or mental challenges that impact their ability to effectively address bed bug infestations.

Rabies Prevention

Rabies is a preventable viral disease primarily infecting domestic and wild animals. The virus can be transmitted to humans through close contact (e.g. scratches and bites) with a rabid animal. Each year, Toronto Public Health (TPH) receives calls to investigate possible exposures.



2,480

possible animal-to-human exposures investigated and addressed in 2014

322

individuals treated with post-exposure prophylaxis (PEP)

Heat and Cold Weather Responses

Working to help address the impact of extreme weather and climate change, TPH manages the Heat and Cold Alert programs for the City of Toronto. The response program is to alert those most at risk of cold or heat-related illness or negative impacts that extreme weather conditions are imminent and take appropriate precautions.

The Heat and Cold Alert Program helps the City of Toronto and community service providers take the necessary steps to keep citizens safe during extreme weather. **One heat alert and 36 cold alerts*** were called in 2014.

Tobacco Control and Enforcement

TPH Enforcement Officers monitor the sale of tobacco products to youth and inspect tobacco vendors for compliance with the Smoke-Free Ontario Act. TPH patrols the city, enforcing smoke-free legislation, inspecting establishments that sell tobacco products and protects the public from exposure to second-hand smoke.

In 2014, TPH conducted:



4,503 cigarette vendor inspections

2,528 display and promotion inspections

196 secondary school inspections

906 warnings and issued 530 tickets

*In 2014, the Medical Officer of Health assumed responsibility for calling extreme cold alerts.

RESEARCH AND ADVOCACY FOR BETTER HEALTH

Leading the discussion, driving positive action

“By leading or bringing together the right research and consulting with people and organizations to learn from their expertise and experiences, we are able to provide the information needed by TPH, City staff, Councillors, other levels of government, and the residents, in making choices that lead to a healthier city for everyone.”

~ Stephanie Gower, health research specialist, TPH



Calling For Action on Suicide Prevention

In November 2014, TPH produced a report *Suicide Prevention in Toronto*. The report highlighted the burden of illness of suicide and showed that suicide is a leading cause of premature death in Toronto.

The widely publicized report called for additional action on local suicide prevention in a variety of settings.

The Board of Health unanimously approved the recommendations for suicide prevention interventions, including:

- Means restrictions
- Media reporting guidelines
- Public awareness and education
- Gatekeeper training
- Community and school-based prevention programs
- Working with the Coroner to provide timely and accessible information
- Policy advocacy to other levels of government

Annual Hastings Lecture Focused on Critical Issue of Aboriginal Health in Canada

Dec. 1, 2014, Dr. Evan Adams, Chief Medical Officer for B.C.'s First Nations Health Authority, and Duncan McCue, respected CBC news reporter, shared their experiences and stories of Aboriginal health, and discussed strategies for community healing. Dr. Adams and Mr. McCue explored how Aboriginal and non-Aboriginal health systems can work together to improve Aboriginal health in Canada.

TPH's 2015-19 Strategic Plan will include an Indigenous Health Strategy that will be comprehensive, integrated, community-driven and guided by the advice from The Toronto Indigenous Health Advisory Circle, comprised of local Indigenous leaders in the health and social services sectors. The Advisory Circle will guide TPH's work to reduce and address health inequities in this population.

The annual Hastings Lectures on Public Health are named for Dr. Charles Hastings, who served as Toronto's Medical Officer of Health from 1910 to 1929.

Toronto Public Health (TPH) takes a lead role in advocating social and environmental policy and practice improvements to enhance the health of individuals, communities and the entire city. TPH conducts intensive research, analyzes and develops policy recommendations that spark public dialogue and awareness, and inform municipal, provincial and federal decision-making.

TPH's Stand on E-cigarettes Sees Positive Action



TPH produced influential policy recommendations on e-cigarettes that saw positive municipal and provincial action in 2014.

An electronic cigarette or e-cigarette, is a battery-operated device that mimics the use and sometimes, appearance and taste of a conventional cigarette but does not contain tobacco. TPH reported on a range of concerns about the negative health impacts of these devices.

The Board of Health endorsed TPH's position statement on e-cigarettes and recommended that the Government of Ontario amend the Smoke-Free Ontario Act (SFOA) to prohibit e-cigarette use wherever smoking is currently prohibited in Ontario. TPH further recommended that the Government of Ontario prohibit e-cigarette sales to minors (under 19 years of age).

The Board also recommended that Toronto City Council prohibit e-cigarettes from City of Toronto workplaces and recommend the same to City agencies and corporations. Council accepted these recommendations in late August. The *E-cigarette Use in City Workplaces* Policy came into effect in early 2015. The policy prohibits e-cigarette use in all areas of city workplaces that are currently designated as smoke-free either through provincial or municipal laws. This policy was intended as an interim measure in the absence of provincial government action on e-cigarettes.

In November 2014, the provincial government moved to regulate the sale and use of electronic cigarettes. The proposed omnibus bill would treat e-cigarettes just like tobacco cigarettes, subject to the same legislation and enforcement action.

TPH 2014 Highlights



Ensuring Safe Alcohol Policy

Toronto City Council approved the new Municipal Alcohol Policy (MAP). A MAP is an important tool for municipalities to ensure that the potential harms from alcohol consumption at events on municipal properties are prevented, and to promote safe environments for event participants and staff.

The new MAP has many enhancements, including insurance requirements and provisions for education, harm reduction, safe transportation, signage, enforcement and monitoring. In several cases, the MAP exceeds the provincial standards and regulations governing alcohol service.

A working group led by TPH created a broad-based communication strategy, a system to monitor and evaluate the MAP, and all necessary resources to inform and educate staff and users.

Clearing the Air: Working to Reduce Air Pollution

While TPH's *Path to Healthier Air: Toronto Air Pollution Burden of Illness Update* report found a 10-year trend of improved air quality in Toronto, it also found that each year, 280 premature deaths and 1,090 hospitalizations in Toronto are still caused by locally-generated air pollution, of which motor vehicle traffic is the largest local source.



Building Better Communities: Healthier Apartment Living

Building on the United Way report *Poverty by Postal Code 2: Vertical Poverty*, TPH and the Centre for Urban Growth and Renewal identified strategies and design opportunities that would enable positive neighbourhood change in apartment neighbourhoods of Toronto.

A 2012 TPH report entitled *Toward Healthier Apartment Neighbourhoods* found a higher vulnerability to poorer health outcomes linked to living in apartment neighbourhoods located in the low-income areas of the inner suburbs of Toronto.

In June 2014, City Council approved changes to the City's Zoning Bylaw that will apply to about 500 apartment sites. This is designed to help apartment neighbourhoods become more complete communities as recommended in the TPH report.

OUR PEOPLE OUR COMMITMENT

A dedication to excellence

“Our strength is our people. I am proud to work as part of a team that has an outstanding track record of public health leadership and innovation.”

*~Dr. David McKeown,
Medical Officer of Health*



Since 1883, TPH staff has worked tirelessly to protect health, and reduce health inequities for all those who live and work in Toronto.

Our dedication to health service excellence, investments in developing best evidence-informed practices and training, make TPH one of the most vibrant local public health agencies in Canada.

“I have worked at TPH for more than 27 years. It is rewarding to work in an environment that is ever-changing and ever-challenging. Our team always draws strength from our commitment to our clients and providing high levels of service.”

~Tracy Leach, manager, Healthy Environments and certified public health inspector



“It’s very rewarding to hear from past clients and to know that the health teaching has resonated over time to help them reach their health goals.”

~Roxanne Martin, public health nurse, Chronic Disease and Injury Prevention/Health Options at Work



“I like to make a difference. I get personal satisfaction from reducing cigarette sales to children, encouraging an employer to eliminate smoking throughout their workplace and putting a contraband tobacco seller out of business. I feel the work I do brings about positive change in people’s lives.”

~ Peter Anness, tobacco inspector, TPH



“People want to do better for themselves, for their families, for their friends. I know I have helped to save people’s lives, both mentally and physically. I love doing this work.”

~ Shannon Carney, public health nurse, smoking cessation champion

“It is an immense honour to be recognized by an organization that does brave and creative work. Sexual health is a field where ideology makes a big difference. We all need the encouragement to push the boundaries of how we promote sexual health for and with each other.”

~ Karen B.K. Chan, health promotion specialist, TPH and recipient of the Service Provider of the Year award from Planned Parenthood

Commitment to Health Service and Workplace Excellence



TPH Wins Registered Nurses' Association of Ontario (RNAO) Prestigious Workplace Award

The Registered Nurses' Association of Ontario (RNAO) awarded TPH the prestigious Workplace Award during a ceremony held on May 2, 2014 for outstanding contribution and commitment to professional partnership, quality workplace, professional development and research-based practice.

Sexual Health Promotion Champion Honoured by Planned Parenthood Toronto

Karen B.K. Chan, a sexual health promotion specialist, received Service Provider of the Year award from Planned Parenthood in 2014 for her work in “unapologetically revolutionizing the sexual health dialogue in Toronto.”



TPH Gets Big Thank You From National Youth Charity

Toronto Public Health was recognized in 2014 by Unity Charity for TPH's support for Unity programs that empower youth to make better choices as leaders, mentors and positive community role models.

TPH Dental Team Leadership Recognized For Contribution to Toronto Healthcare Community

TPH Director, Dental and Oral Services, Dr. Hazel Stewart was recognized for her partnership with Toronto primary healthcare providers in 2014. The award recognized Hazel and her team's hard work delivering dental and oral health services to some of Toronto's most vulnerable residents. Hazel was presented with the award at the Public Health and Primary Health Care conference in June.



Reaching Out to Homeless Residents and Their Pets

It is often said that having a pet can improve your quality of life. TPH and Community Veterinary Outreach, a non-profit group that helps homeless pet owners, proved that right in 2014.

TPH dentists, nurses and counsellors working with the Community Veterinary Outreach vets worked together to improve the lives of members of Toronto's homeless and vulnerably-housed community, who also are doting pet owners.

Community Veterinary Outreach provides ongoing free veterinary services for pets whose owners are homeless or vulnerably-housed. Clinics held at the Yonge Street Mission now include more than tender loving care for the animals – they include free vaccinations, primary health care, dental screening and smoking cessation counselling from TPH for the pets' owners.

“This is just one example of what the TPH collaboration can do, bringing different skills and expertise together to help marginalized residents get the best possible care and support. These residents love their pets – these clinics give them a chance to help themselves as well.”

~ Marco Vittiglio, associate director, Healthy Environments, TPH

COMMUNICATING THE MESSAGE

Making health information accessible



The Health Communications team who designed the innovative condomTO campaign
 Jamie McEachern, Salim Rachid & Dean Simikic.



condomTO team members *Sandy Fitzgibbon* (pictured far left) and *Marina MacDougall* (pictured far right) celebrate the new condomTO van with a student (pictured centre). The condomTO team also includes *Barbara Macpherson, Lesley Belows, Irene Kassis, Dunja Kreznarich, Leanne Cusitar, Leigh Mouck* and *Nancy McAlary* (not pictured above).

Behaviours and ideas about health are shaped by the communication, information, and technology that people interact with every day. At Toronto Public Health (TPH) we utilize a wide range of communication strategies to help achieve the goal of improving health in a significant and lasting way by empowering people with information.

In 2014, our communications and strategy teams use in-depth research, planning, and monitoring to ensure TPH's campaigns and messaging were leveraged across program areas to maximize their reach and effectiveness.

Toronto Public Health Honoured with Prestigious Social Media Marketing Award

Toronto Public Health was recognized for innovation in social media, winning first place in Canada Health Infoway's ImagineNation Public Health Social Media Challenge. The TPH team won the prestigious award for its creative use of social media in support of the condomTO program.

condomTO launched the very first Toronto-branded condom design, joining trail-blazing city-branded condom programs in New York and Los Angeles.

The TPH team orchestrated a dramatic reveal of the condom design in six separate tweets, with the campaign tagline, "No matter which way you go, put it on!"

In 2014, TPH distributed:



TPH Launches Pinterest Social Media Page

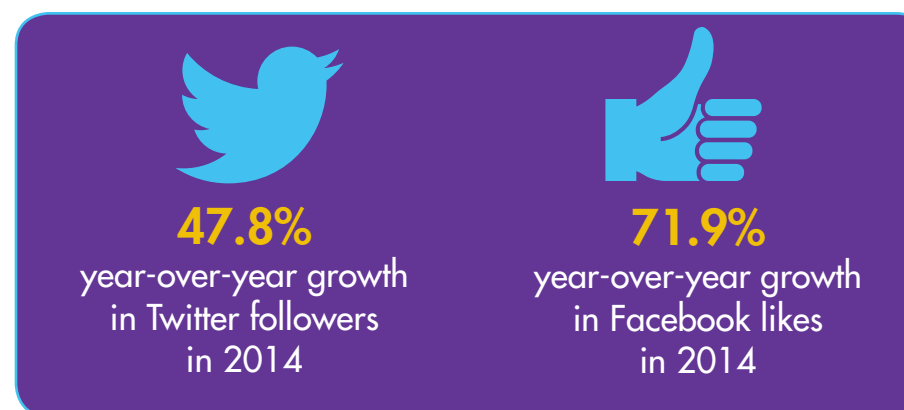
The popular social media network Pinterest is all about sharing images. Today, Canadians are the second largest users of the Pinterest online community, just behind the U.S.



Pinterest images or 'pins' can be posted to user's profiles on boards – allowing networks of friends and fellow users to 'like' and comment.

TPH recognized an opportunity to share and communicate messages on Pinterest related to healthy lifestyle, nutrition, reproductive health, and tips for pregnancy, baby's first year and ongoing child health.

TPH's Pinterest account launched on Wednesday Nov. 19, 2014. Since the launch, TPH uses the growing network to educate and inform Toronto residents, providing general public health information, updates and tips via Pinterest 'pins.'



Top 10 TPH News Stories of 2014

- 1 Flu
- 2 Food safety
- 3 E-cigarettes
- 4 West Nile virus
- 5 Outbreaks
- 6 School immunization rates
- 7 condomTO
- 8 Vaccination
- 9 Lyme disease
- 10 Menu labelling



TORONTO HEALTH INDICATORS

Toronto Population (2012): **2,791,140**

Births (2011): **30,528**

Deaths (2010): **16,606**

Toronto Public Health is responsible for monitoring, assessing, and reporting Toronto's health status.

Toronto Health Indicators - A Comparative Look

This chart shows the most recent estimates for selected health indicators, and compares Toronto residents to the rest of the Ontario population (excluding Toronto). This chart also compares Toronto to the most and least favourable results found for other health units in Ontario.

Overall, the health of Torontonians compares favourably or is on par with the rest of Ontario – with exceptions found in the rates of physical activity, diabetes prevalence, and low birth weight infants.

The estimates for Toronto vary across the city with poorer health often associated with lower income and other determinants of health including race, immigration status and sexual orientation.

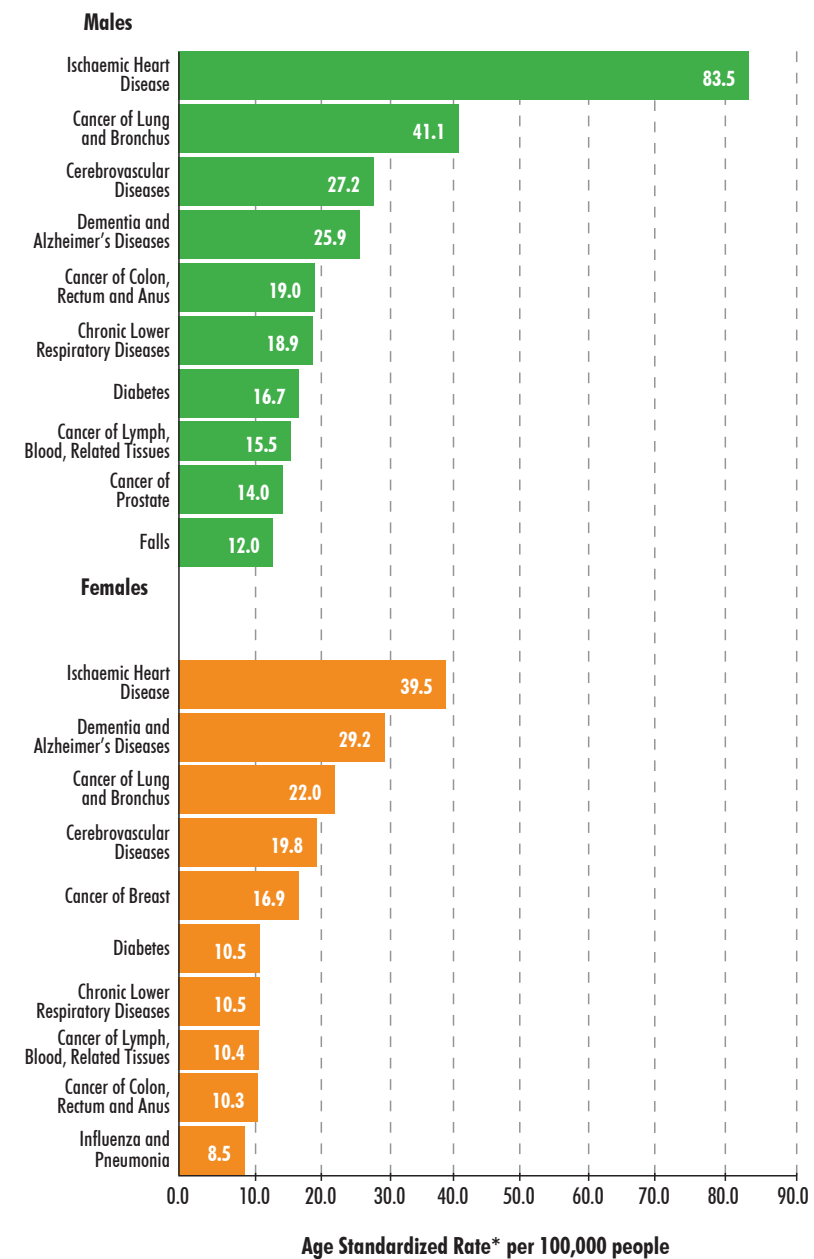
For more information on Toronto's health status visit <http://bit.ly/1lzh1Jc>

Indicator	Ontario Range			
Life Expectancy - Female* (2010)	X 80.1	* 83.7	◆ 85.4	+ 86.1
Life Expectancy - Male* (2010)	X 75.5	* 79.5	◆ 80.7	+ 82.8
Teen Pregnancy** (2012)	X 49.8		◆ 23.3	+ 22.4
Low Birth Weight (2013)	X 6.4%	◆ 5.4%	* 4.8%	+ 3.0%
Large for Gestational Age (2013)	X 16.8%		* 10.9%	◆ 7.5%
Smokers - Adults (2011/12)	X 30%		* 21.2%	◆ 17.1%
Exceed Low Risk Drinking Guidelines - Adults (2011/12)	X 41.1%		* 29.9%	◆ 24.9%
Physically Active During Leisure - Adults (2011/12)	X 39.3%	◆ 47.1%	* 52.9%	+ 62.2%
Overweight or Obese - Adults (2011/12)	X 64.9%		* 55.5%	◆ 45.8%
Colorectal Cancer Incidence*** (2009)	X 77.2		* 48.9	◆ 40.8
Lung Cancer Incidence*** (2009)	X 79.6		* 52.7	◆ 39.2
Breast Cancer Incidence*** (2009)	X 122.9	◆ 99.4	* 99.1	+ 73.0
Diabetes Prevalence - Adults (2012)	X 11.4%	◆ 10.4%	* 9.6%	+ 7.9%

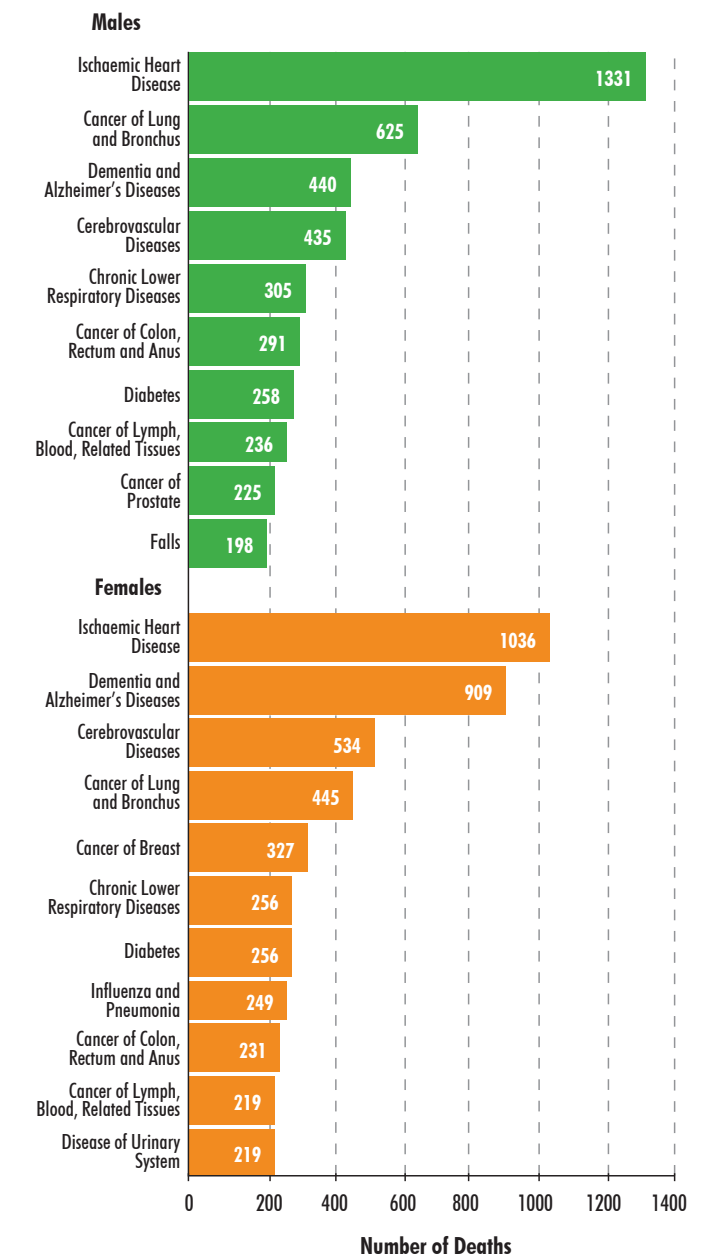
*Years of Age **Per 1,000 females aged 15-19 years ***Per 100,000 people, age-standardized
Indicator definitions, data sources and related notes are available at: toronto.ca/health/statistics

Least favourable health unit	Toronto Value	Ontario excluding Toronto	Most favourable health unit
X	◆	*	+

Age-Standardized Mortality Rate* for Leading Causes**, for Males and Females, Toronto, 2010



Number of Deaths for Leading Causes** for Males and Females, Toronto, 2010



* Age standardized rates are age-standardized to the 1991 Canadian population.

** Leading causes of death are based on a standard list developed by Becker, et al. (2006) for the World Health Organization that was modified by the Association of Public Health Epidemiologists of Ontario in 2008. Data Sources: Vital Statistics, 2010, Ontario Ministry of Health and Long-Term Care, IntelliHEALTH ONTARIO, Date Extracted: September 2014.

STRATEGIC PLAN

2015-2019 Strategic Plan Created with Input from 1,300 Toronto Residents

When the Board of Health ratified the new five-year strategic plan in late 2014, it marked the conclusion of a six-month process working closely with healthcare workers, service agencies, internal staff, community leaders and residents.

Seventeen focus groups were held throughout the summer of 2014, reaching youth, seniors, newcomers, Language Instruction for Newcomers to Canada (LINC) students, food bank users, Toronto Community Housing (TCH) residents and new parents. More than 1,300 voices were heard during the consultation process.

The result of the extensive engagement process conducted through meetings, surveys, interviews and focus groups was a Strategic Plan that identified the five priority directions and 27 actions strategically important in realizing the vision of **A Healthy City For All**.

2015-2019 Strategic Plan Priority Directions:

- Serve the public health needs of Toronto's diverse communities
- Champion healthy public policy
- Anticipate and respond to emerging public health threats
- Lead innovation in public health practice
- Be a healthy workplace

For the full plan including foundational principles and specific actions go to toronto.ca/health/aboutus

The 2015-2019 Strategic Plan is also available in the following languages:

中文 / Chinese

فارسی / Farsi

Français / French

Italiano / Italian

한국어 / Korean

Português / Portuguese

ਪੰਜਾਬੀ / Punjabi

русский / Russian

Español / Spanish

தமிழ் / Tamil

Tiếng Việt / Vietnamese

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