

TORONTO PUBLIC HEALTH 2015 ANNUAL REPORT



A Healthy City For All

Toronto Public Health

strives to reduce health inequities and improve the health of the whole population through the following services and programs:

Unequal
City Harm
Reduction

Suicide Prevention

Healthy Living Mental

Health Food Strategy Mobile

Good Food AIDS & Sexual Health

Infoline Low Risk Drinking Guidelines

Inspections HPV Clinics Ebola Preparedness

Healthy Families Welcome to Parenting Early

Abilities inTOkids Health Public Policy Heat & Cold Alerts

Water Quality Lyme Disease Prevention Peer Nutrition Program

Youth Engagement Initiative (YHAN) Diabetes Prevention

Dental Care The Works PAN AM CondomTO Food

Services Monitoring and Protection Emergency

Preparedness Complete Streets Designing for

Health Immunization Pedestrian and

Cycling Safety eChat HE Mobile

Inspection System DineSafe

SwimSafe BodySafe

Gastrobusters

Active
City

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YEAR IN REVIEW

January

Toronto Public Health (TPH) assumed responsibility for broadcasting **extreme cold weather alerts**, a role that was previously held by the Shelter, Support & Housing Administration Division. Thirty-nine extreme cold weather alerts were issued during the winter of 2015 to ensure the most vulnerable were protected.

February

TPH was involved in the investigation and management of a large Ontario-wide **measles** outbreak, in which 10 of the total 18 confirmed cases were in Toronto. TPH investigated an additional 140 suspect cases of measles, identified and followed up 1,548 contacts and vaccinated 132 contacts.

March

TPH hosted the **TO2015 Youth Summit**. Over 300 students from across Ontario and members of TPH's Youth Health Action Network (YHAN) were present to promote physical activity and to speak to youth about tobacco prevention and protection.

April

TPH in collaboration with City Planning and Transportation Services hosted the **Active City Forum**. The forum brought together leaders in city building and focused on topics such as creating active choices in suburban neighbourhoods, active public spaces and schools, active buildings and complete streets.

May

TPH visited a number of selected parks in the City to actively look for **blacklegged ticks**. The collection and testing of blacklegged ticks found in the environment is important in assessing the risk of Lyme disease in the City of Toronto.

June

TPH revealed six new city-branded condom wrapper designs as part of its **CondomTO** initiative. Staff distributed 280,000 condoms with a Pan Am and Parapan Games theme to athletes and the public to encourage healthy and safer sex.

July

TPH goes mobile! Using wireless tablets, public health immunization nurses at schools and community clinics now have access to Panorama, the province-wide public health immunization information system.

August

TPH promoted **food safety** at the Canadian National Exhibition (CNE). Over 1,800 CNE food handlers were trained on safe food handling practices. TPH staff also participated in Food Products Day to increase public awareness about food safety at home.

September

TPH provided Grade 8 girls free **HPV immunization** to protect against Human Papilloma Virus; an infection that can cause genital warts and lead to cancers of the cervix and genitals.

October

TPH hosted its first **Continuing Medical Education** accredited event for physicians. Approximately 140 physicians and other health care professionals attended and speakers provided the most up-to-date information about immunization.

November

TPH joined the Toronto Drug Strategy Implementation Panel in marking the 10th anniversary of the City's comprehensive **drug strategy** for alcohol and other drugs.

December

TPH prepared for the arrival of **Syrian newcomers** by disseminating health and settlement information and providing dental care and immunization services.



MEDICAL OFFICER OF HEALTH



Message from Dr. David McKeown Medical Officer of Health

On behalf of Toronto Public Health, I am proud to present our 2015 Annual Report. The information it contains reflects our commitment to reducing health inequities and improving the health of our whole population.

This report outlines our key initiatives and accomplishments for the year and the steps we have taken to support a healthy, livable city for all.

In 2015 we focused on implementing the priority actions laid out in our five year strategic plan.

▶ **Serve the public health needs of Toronto's diverse communities.**

Our programs recognize and respond to the wide range of health challenges faced by our diverse population. Our goal is to provide health services to every person based on their needs and regardless of income, status or location.

▶ **Champion healthy public policy.**

We identify and advocate for policies that support good health.

▶ **Anticipate and respond to public health threats.**

We work with partners to protect Torontonians from threats such as communicable disease outbreaks and environmental risks.

▶ **Lead innovation in public health practices.**

We constantly seek out new tools and approaches to enhance the impact of our work.

▶ **Be a healthy workplace.**

We collaborate with our staff to provide a work environment which allows everyone to do their best work.

I would like to thank the Board of Health members for their leadership, our community partners for their commitment to better health, and all of my TPH colleagues for their dedication and hard work.

Message from Councillor Joe Mihevc Chair, City of Toronto Board of Health

On behalf of the Board of Health, I would like to congratulate Toronto Public Health (TPH) on the release of the 2015 Annual Report. This past year has been filled with many accomplishments and demonstrated commitment to a healthy city for all!

Through 2015, TPH has made significant contributions to the health of the city, reducing health inequities and protecting our most vulnerable populations. This has occurred through important initiatives such as the action plan to protect women against intimate partner violence, launching the Toronto Indigenous Health Advisory Circle, and supporting the City's response to the arrival of Syrian newcomers.

I am equally pleased that TPH served the international community well during the Pan Am/Parapan Am Games with pool and food premises inspection, communicable disease surveillance, emergency planning and health promotion including actively promoting this international event as the "Smoke-Free Games." Toronto Public Health also launched a Games-inspired edition of CondomTO and distributed 280,000 condoms to athletes from 41 nations, visitors, volunteers and residents through Toronto sexual health clinics, entertainment venues and AIDS service organizations.

I am proud of the work that has been accomplished in 2015. As Chair of the Board of Health, I am especially pleased that TPH released its third five-year strategic plan. This plan will serve the City of Toronto, all its residents and the Board of Health as a guide to focus our work to serve the public health needs of Toronto's diverse communities. It will help TPH and the Board ensure that we are leaders in public health policy, and ensure we are prepared to respond to public health emergencies. It will guide and support innovation in public health practice and ensure TPH strives to be a healthy organization.

Congratulations on the release of the 2015 Annual Report. I look forward to another successful year in 2016!

BOARD OF HEALTH



IMPROVING HEALTH FOR ALL

creating a city where
everyone has the
opportunity to flourish
and be healthy



TIHAC Youth Council

Improving Health Outcomes for the Urban Indigenous Population

In Canada, evidence shows that Indigenous people fare worse than non-Indigenous people on a myriad of health and social indicators. To address this issue, TPH in collaboration with Toronto Central Local Health Integration Network (TC LHIN) and Anishnawbe Health Toronto launched the Toronto Indigenous Health Advisory Circle (TIHAC). This partnership aims to improve overall health outcomes for Toronto's urban Indigenous population.

TIHAC's mandate:

- ▶ Provide oversight, guidance and advice to TC LHIN and TPH in the identification, planning, implementation, funding, research and evaluation of culturally based, culturally secure health programs and services for Toronto's diverse Indigenous community
- ▶ To influence public policy that impacts Indigenous health outcomes

TPH and TC LHIN recognize that the development of an Indigenous Health Strategy must be led by community members themselves and honour the concept of 'Indigenous health in Indigenous hands'. TIHAC membership includes leaders from the Indigenous community and representation from a balance of youth, elders, men, women and two-spirited people.

This is in line with the principle of self-determination and echoes recommendations from Truth and Reconciliation Commission of Canada (2015) and in the City's Statement of Commitment to the Aboriginal Communities of Toronto (2012).

Promoting Mental Health and Well-Being

TPH works to improve mental health and well-being by promoting resilience and decreasing risk factors for our most vulnerable and marginalized populations. This includes working with communities, agencies and organizations from the health and social services sector to advocate, research, and develop programs and policies that promote mental health.

In 2015, TPH initiated the integration of mental health promotion into all TPH services and programs, with a focus on suicide prevention and intimate partner violence prevention. Freedom from violence and discrimination are key determinants of mental health. TPH supported the implementation of the Best Practice Guideline on Intimate Partner Violence, which instructs staff how to ask about and respond to disclosures of abuse and contributed to the *Intimate Partner Violence against Women Action Plan* report.

Preparation for Syrian Newcomers

In early 2016, more than 3,600 Syrian newcomers were expected to arrive in Toronto. To prepare for their arrival, TPH worked closely with the Toronto Newcomer Office to disseminate health and settlement information and provide post-arrival support. This included providing important health services such as dental care, immunization, smoking cessation and advice for pregnant individuals and families.

10th Anniversary of the Toronto Drug Strategy

The Toronto Drug Strategy Implementation Panel and many municipal and community groups marked the 10th anniversary of the Toronto Drug Strategy on November 9, 2015. The drug strategy is a comprehensive action plan to reduce the harms of alcohol and other drugs in Toronto based on the integrated components of prevention, harm reduction, treatment and enforcement. Over the past 10 years, the Toronto Drug Strategy has worked with diverse collaborative partnerships to make progress in many areas including:

- ▶ expanding prevention programming for children and youth
- ▶ delivering a wide range of capacity building workshops
- ▶ addressing stigma and discrimination
- ▶ implementing a new crisis service
- ▶ promoting safer nightlife
- ▶ expanding harm reduction initiatives
- ▶ preventing and responding to drug overdoses
- ▶ advocating for investments in prevention, harm reduction and treatment services

Forum on Media Reporting of Suicide

Suicide is a leading cause of premature death in Toronto, with an average of about 220 deaths annually.

Studies, including a TPH report *Suicide Prevention in Toronto* show that media reporting on suicide can raise awareness about the preventability of suicide, educate the public on resources and treatment, and decrease the risk of suicidal behaviours. However, certain types of news coverage can increase suicidal ideations in vulnerable people, perpetuate stigma around mental health and exacerbate the grief of those bereaved by suicide.

To increase understanding and dialogue of the benefits and harms of media reporting on suicide TPH hosted a media forum on November 6, 2015 in collaboration with Sunnybrook Health Sciences Centre and the Globe and Mail. Approximately 45 representatives from local, provincial and national media and health representatives attended.

IMPROVING HEALTH FOR ALL

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and be healthy



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Unequal City 2015:
Income and Health Inequalities in Toronto



416.338.7600 | toronto.ca/health |  **Toronto Public Health**

How Income Inequality is Bad for Your Health

In Toronto, 23% of people live with low incomes. People with lower incomes tend to have poorer health. TPH is committed to reducing these health inequities. Our efforts are based on an up-to-date understanding of the picture of health inequities in Toronto. In April, TPH released the *Unequal City 2015* report which found that health inequities have not improved over time. The following are two examples of the indicators examined in the report:

Premature Mortality

- ▶ Men in the lowest income group are 50% more likely to die before age 75 than those in the highest income group (2009/2010)
- ▶ The health inequity relationship did not change over eight years
- ▶ If all income groups had the same rates as the highest, Toronto would have 932 fewer premature deaths each year

Diabetes

- ▶ Women in the lowest income group are 85% more likely to have diabetes than those in the highest income group (2012)
- ▶ Health inequity relationship became worse over 10 years
- ▶ If all income groups had the same rates as the highest, Toronto would have 62,111 fewer people living with diabetes



**Health inequities have not improved
over approximately 10 years:**

4 Indicators became worse

16 Indicators stayed the same

1 Indicator improved

Why Access to Healthy Food is Vital

For many of Toronto's most vulnerable populations there are systemic barriers to accessing healthy, affordable and culturally appropriate foods. In 2015, the Food Strategy team at Toronto Public Health (TPH) made progress on a number of key initiatives to promote access to healthy food that included:

FoodReach

The launch of FoodReach.ca an online portal dedicated to the needs of the community and non-profit sector for aggregated food purchasing. The portal's aim is to:

- ▶ Increase access to fresh, affordable nutritious and culturally appropriate food
- ▶ Decrease the cost of food
- ▶ Ensure transparency of price and availability
- ▶ Streamline ordering and tracking of purchases
- ▶ Reduce staff time for food procurement
- ▶ Increase consumption of local food
- ▶ Provide a vehicle for nutrition education and information exchange

Mobile Good Food Market

The Mobile Good Food Market (MGFM) is a collaborative initiative between TPH and FoodShare. The MGFM travels to a number of low income communities that do not have good access to quality, affordable, culturally appropriate produce. The Toronto Transit Commission donated a WheelTrans bus that was retrofitted to be a "store on wheels".

On March 11, 2015 City Council approved funding for TPH to expand the Mobile Good Food Market with a second vehicle. This funding is an important step in sustaining and expanding the reach of the project and expanding access to high quality, fresh produce across the city.

AIDS & Sexual Health InfoLine

The AIDS & Sexual Health InfoLine in partnership with the Ministry of Health and Long-Term Care (MOHLTC) successfully expanded its service in 2015 to include the provision of French language counselling, which was previously provided by another Ontario health unit. In addition to the phone service, an e-counselling component will be implemented in 2016 to increase the service's access to youth, older adults and newcomers to Ontario.

The service provides anonymous counselling and support by telephone on a variety of topics including HIV/AIDS, sexually transmitted infections, birth control, and safer drug use/harm reduction. It also maintains a provincial database of sexual health clinics, community centres and support organizations providing sexual health and harm reduction services for our callers.

HEALTHY LIVING

encouraging a healthy sustainable future

18 Mobile Good Food Market locations across the city.



Over 31,000 Ontario callers

HEALTHY LIVING

encouraging a healthy
sustainable future



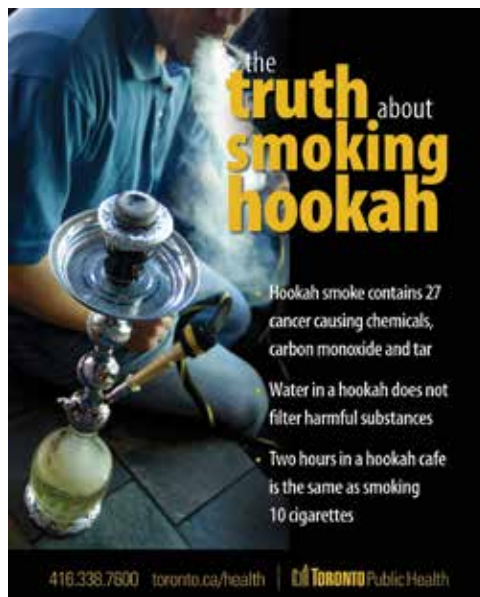
"One of my favourite moments while working on hookah policy development was sitting in City Council and hearing decision makers quote TPH's research on this issue as their reason for supporting a bylaw. It was great to contribute to evidence-based policy making in the city!"

Julie Amoroso
Health Policy Specialist

City Prohibits Hookah Smoking Inside Licensed Businesses

In 2015, following a TPH Board of Health recommendation, City Council passed a motion to prohibit hookah use at Toronto licensed businesses, effective April 2016. Toronto joins other municipalities across Canada and internationally in prohibiting this practice.

In advance of Council's deliberation on the matter and at the request of the Board of Health, TPH conducted extensive stakeholder consultation. Key participants included business owners, patrons, cultural organizations and youth. The consultation revealed low levels of awareness about the health risks of hookah smoking. This resulted in a comprehensive public education strategy which began in 2015 and will continue in 2016 as the bylaw is implemented.



Low Risk Alcohol Drinking Guidelines (LRADG) and Fetal Alcohol Spectrum Disorder

TPH teams from the Maternal Infant Health and Substance Misuse Prevention programs developed an initiative to educate staff about Canada's Low Risk Alcohol Drinking Guidelines (LRADG) for adults and Fetal Alcohol Spectrum Disorder (FASD) to reduce harms related to alcohol use.

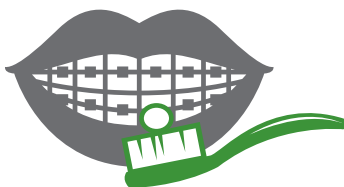
FASD is the leading cause of cognitive and developmental disability among children in Ontario. A self-directed e-module and team-based education sessions were delivered to over 300 Healthy Families staff. Through this initiative, staff gained knowledge and awareness of the LRADG as well as the impacts of alcohol on reproductive health and breastfeeding.

Student Survey

Results from the 2014 TPH student survey were released in February's *Healthy Futures* report. The survey included 6,053 Grade 7 to 12 students in 165 Toronto public schools. While nine out of 10 students reported that their health was good or better, a closer examination of the data revealed that students face numerous issues that can adversely affect their health now and in later life. The report also showed that some groups of students had poorer results than others.



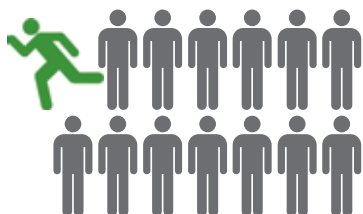
92%
reported
good or better
health



8% have untreated dental cavities
9 in **10** brush once per day or more,
but only **1** in **4** floss every day



26%
of secondary students either
binge-drank or mixed alcohol
with caffeinated energy drinks
in the last 12 months



1 in **14** is meeting
physical activity
guidelines



1 in **5** secondary students had sex
3 in **5** sexually active students
used a condom the last time
1 in **5** sexually active students
had been to a clinic for sexually
transmitted infection testing



HEALTHY LIVING

encouraging a healthy
sustainable future



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MONITORING AND INSPECTION

preventing and controlling
the spread of
communicable disease

Inspections

BodySafe

- ▶ 3,200 personal service settings

SwimSafe

- ▶ 4,555 recreational water facilities

DineSafe

- ▶ 26,000 inspections of food premises

Measles

In 2015, Toronto Public Health (TPH) was involved in the investigation of a large Ontario-wide measles outbreak. Eighteen confirmed cases of measles were reported from four public health units in Ontario. On January 28, 2015, a case of measles was reported to TPH. Three more cases were reported over the next three days, triggering the initiation of an extensive public health investigation, a local outbreak declaration, and activation of TPH's Incident Management System (IMS). Six additional cases were confirmed over the following three weeks. A total of ten cases were reported to TPH over the course of this outbreak. During the outbreak period, TPH staff:

- ▶ Investigated an additional 140 suspect cases of measles
- ▶ Identified and followed up 1,548 contacts who were potentially exposed to the ten confirmed measles cases
- ▶ Vaccinated 132 contacts

Ebola Virus Disease

TPH worked with the Ontario Ministry of Health and Long-Term Care, Public Health Ontario and the Public Health Agency of Canada on public health preparedness for potential importations of Ebola, including monitoring and surveillance, support for laboratory testing, and guidelines and resources for infection prevention and control. Under provincial requirements, TPH monitored all returning travellers from Ebola-affected countries for signs of illness for 21 days after their return to Canada.

- ▶ 300 returning travellers were monitored in 2015

Immunization

Immunization of School Pupils Act (ISPA)

Every year Toronto Public Health assesses vaccination records of school aged children to maintain high levels of protection for all children. Under the Immunization of School Pupils Act (ISPA) all children going to school in Toronto need to be protected against diphtheria, tetanus, polio, pertussis, measles, mumps, rubella, meningitis (and chicken pox if born in 2010 or later). In the 2014/15 school year TPH:

- ▶ Assessed immunization records of 225,000 students
- ▶ Sent 113,981 letters to students whose records were not up to date

Human Papillomavirus (HPV) Clinics

It takes three doses of the vaccine to be fully protected against Human Papillomavirus. In the 2014/2015 school year TPH:

- ▶ Held 1,242 clinics at 414 schools to vaccinate Grade 8 girls
- ▶ Held 43 community clinics for high school females who may have missed all or part of their HPV vaccine series
- ▶ Administered a total of 29,139 doses of HPV vaccine

inTO Kids' Health

In 2015, the Chronic Disease and Injury Prevention team successfully implemented a school community pilot in two high needs areas of Toronto. TPH staff provided intensive support to these schools to increase their capacity to develop and execute action plans related to healthy eating, physical activity and mental health and well-being. This process also helped to facilitate partnerships within the school communities resulting in increased access to healthy foods and recreation.

Early Abilities Transformation

In 2015, Toronto Preschool Speech & Language Services underwent a significant reorganization and has transformed into the program now known as Early Abilities. The Child Health and Development stream launched a new integrated system of community partnerships with a common vision that children will participate to their full potential at home, at school and in their communities. Our mission is to work together with families to support and develop the early abilities of preschool children. Service goals include:

1. To provide a range of effective interventions with a focus on building parent/caregiver capacity.
2. To provide timely, seamless and equitable access to speech, hearing and vision services.
3. To improve the integration of speech, hearing and vision services with other early intervention services.
4. To increase the capacity of the community to identify and respond earlier to preschool speech, hearing and vision needs.
5. To deliver an effective and efficient service system.



MAKING TORONTO A HEALTHY PLACE TO RAISE A FAMILY



"The inTO Kids' Health pilot project, has allowed us to more intensely partner with teachers, student leaders, families and other service providers in high needs school communities. The power of this collaboration has led to innovative activities reaching beyond the school walls into the surrounding community!"

Julie Charlebois
Health Promotion Specialist

**Every six days
in Canada,
a woman is killed
by her partner.**



Intimate partner violence (IPV) is a significant and preventable public health concern. In Canada, one in three woman has experienced abuse at some point in her life. Every six days, a woman is killed by her partner.

The primary focus of the plan is on IPV against women as they are more likely to experience severe forms of violence, multiple victimization, injuries, and death. Men also experience IPV and may have difficulty disclosing and accessing services due to gender role expectations and a lack of services. The plan includes actions to make TPH policy, programs, and services inclusive of all those at risk of IPV, including gender diverse communities.

The action plan was included in a report to the Board of Health, which was dedicated to the memory of Zahra Abdille, a TPH public health nurse, and her two sons, Faris and Zain, who were killed. On December 10, 2015 City Council unanimously supported the need to address IPV and directed the City Manager to ensure corporate wide action.

Goal 1: Expand parenting education and support

Goal 2: Expand education on healthy relationships from middle childhood to adolescence

Goal 3: Address the social and cultural norms that perpetuate IPV

Goal 4: Increase staff capacity to identify and respond to clients affected by IPV

Goal 5: Ensure equitable access to TPH programs and services

Goal 6: Increase TPH's capacity to address IPV in the workplace

Goal 7: Increase the public's capacity to identify and respond to IPV

Goal 8: Increase access to resources and services that protect, support, and empower women

Goal 9: Foster coordination and collaboration with community stakeholders

Goal 10: Improve surveillance and research on IPV

The evidence is clear that climate change is a reality and it's having an impact on health. Toronto Public Health recognizes that it must take action now to protect the health for future generations.

A Climate of Concern: Climate Change and Health Strategy

2015 may mark the moment that governments around the world finally took climate change seriously. Toronto Public Health (TPH) is well-positioned to contribute solutions, with expertise on key health impacts associated with climate change, such as extreme weather, vector-borne disease, poor air quality and food insecurity.

TPH's research, policy development and operational experience are reflected in its new Climate Change and Health Strategy. The strategy was adopted by the Board of Health on June 29, 2015 and identifies specific actions and a direction to better understand and respond to the health effects of climate change over the next five years (2015-2019). It identifies actions in eight key areas:

- ▶ Cold weather
- ▶ Hot weather
- ▶ Severe weather
- ▶ Air quality
- ▶ Built environment
- ▶ Vector-borne disease
- ▶ Water
- ▶ Food

The Strategy also outlines a focus to promote low-carbon interventions in transportation, energy use, food systems and the built environment, which links our work to the mitigation, adaptation and resiliency activities being led by our colleagues across the city.

All TPH directorates will contribute to the implementation of the Strategy, under the coordination of the Healthy Public Policy team. This collaboration will support TPH's well-earned reputation in progressive research, productive partnerships and advancing the real change required to reduce the health impacts of climate change.

TORONTO'S CHANGING CLIMATE

a time for action



"There is so much amazing work being done by TPH, and I'm excited that the Climate Change and Health Strategy offers an opportunity to leverage this work into new collaborations and to amplify the importance of health and equity in the changes required to address this crucial issue head on."

Rich Whate
Health Policy Specialist

TORONTO'S CHANGING CLIMATE

a time for action

**2015 - hottest summer
on record**

**8 heat alerts and
4 extreme heat alerts**



**February 2015 - Toronto's
coldest month ever**

**2014/15 season -
39 extreme cold
weather alerts**



Responding to the Impacts of Climate Change

Hot Weather Response

During the summer of 2015, TPH participated in a provincially Harmonized Heat Alert and Response System pilot project. This new system aimed to test a consistent approach for issuing heat alerts across Ontario. It used updated evidence-based heat alert triggers, based on the association between temperature, humidex and mortality. From May 15 to September 30, TPH received information from Environment Canada, consulted the Medical Officer of Health and issued a Heat Alert or an Extreme Heat Alert as appropriate. The pilot project was successful and a province-wide heat warning system will be implemented for the 2016 summer season.

Extreme Cold Weather Response

During the 2015 winter season, TPH monitored weather forecasts from Environment Canada and the Medical Officer of Health issued Extreme Cold Weather Alerts. Alerts were issued when there was a forecast of temperatures of -15°C or colder or a wind chill of -20 or colder. Alerts were also issued when Environment Canada's forecast included factors that increased the impact of cold weather on health such as precipitation, low daytime temperatures, or several consecutive days and nights of cold weather.

Emergency Preparedness

TPH maintains the City of Toronto Hot Weather Response Plan and the Cold Weather Plan to prevent harmful health impacts of hot and cold weather on residents of Toronto. These plans provide a framework for implementing and co-ordinating preparedness and response activities that will:

- ▶ alert the most vulnerable people;
- ▶ enable the most vulnerable people to take appropriate precautions; and,
- ▶ trigger response actions by agencies.

Lyme Disease

TPH's blacklegged tick surveillance program gathers information on the number of ticks, their locations and the proportion of ticks that are infected with the bacteria that causes Lyme disease.

In 2015 blacklegged ticks were found in four locations in the City, two of which were new. With warmer temperatures, TPH anticipates that blacklegged tick populations will expand.

Youth Engagement Initiatives

In 2015, Youth Health Action Network (YHAN) members were instrumental in raising awareness among youth about the harms of hookah smoking, and in influencing the City's decision to ban hookah use in licensed establishments through deputations to the Board of Health and Licensing Committee. YHAN members also leveraged the Pan Am/Parapan Am Games to bring awareness to legislative changes to outdoor smoke-free playing fields through a number of activities including events, street interviews with youth and producing smoke-free playing field postcards for distribution within the community.

Community Gardens

Every summer, the Peer Nutrition Program (PNP) organizes and promotes community garden opportunities for its clients incorporating local leadership, resources and skills-building activities.

In 2015, TPH partnered with four community centres to actively involve both adults and children in gardening activities. Through this initiative, participants developed important food skills such as preserving garden harvests. The PNP also developed a balcony gardening activity where participants received over 200 planting boxes, with seedlings and soil as well as training on how to grow herbs on their balcony.

A survey of participants reflected the success of the PNP community gardens as community building activity.

- ▶ 84% increased consumption of vegetables and fruit
- ▶ 93% made new friends
- ▶ 92% are more physically active

"This gardening is the best entertainment for me. Seeing the plants grow, meeting new people, getting fresh air and sunshine are a valuable experience. Thank you."
- PNP participant

PEER INITIATIVES

engaging the community to model health behaviours



"It has been rewarding to witness the impact that participation in these activities has had on the youth. They have grown as critical thinkers, advocates, spokespersons, and leaders with enhanced knowledge and skills that they can take with them into all facets of their lives."

Tonya Hopkinson
Public Health Nurse

PEER INITIATIVES

engaging the community
to model
health behaviours



"I've had the opportunity to build strong partnerships with the agencies that participated in the program this past year, and it has shown me how much can be accomplished when we work together to build capacity in the communities we serve. I've seen the value and impact of this program and how it changes peoples' lives and sets them on a pathway to better health."

Joanna Verweel
Health Promotion Specialist

Diabetes Prevention Peer Leadership Program

During 2014-2015, the Diabetes Prevention Peer Leadership Program helped fund 19 agencies to recruit peer leaders that are trained to implement diabetes prevention workshops and activities for diverse communities. This program is offered as a grant opportunity to community agencies who want to offer diabetes prevention programming through trained peer leaders. The structured grant provides mandatory three-day training for the peer leaders, at which point the peer leaders can deliver diabetes prevention activities in their respective communities.

Peer led program activities include 5-week programs on diabetes prevention, healthy eating and cooking workshops, physical activity programs, community awareness raising events and outreach and risk assessment. In 2014-2015,

- ▶ 220 peer leaders were trained
- ▶ 9,935 community members participated in peer-led diabetes prevention programs

Trained Peer Leaders have noted the positive impact that this program has had on their professional and personal lives. The increased knowledge and skills that they gain positively influences their family's health and well-being. The self-confidence and facilitation skills gained, combined with the networking opportunities, builds local work experience and often leads to further education and/or employment.

Community Oral Health Outreach

Dental disease is the most common chronic disease affecting young children. The disease can start as soon as the baby teeth appear in the mouth and it can have severe and lasting effects on the child's oral and general health.

The Community Oral Health Outreach Program provides oral health education to parents and caregivers of young children and helps connect them to dental care.

In 2015 the Community Oral Health Outreach Workers:

- ▶ provided outreach to 963 agencies
- ▶ facilitated 859 workshops to parenting groups, seniors' groups, faith-based groups, and students in ESL/LINC classes
- ▶ delivered 229 workshops in a language other than English
- ▶ attended 219 health fairs and information booths at food banks or shelters

In the summer of 2015, the City of Toronto hosted the largest international sports event ever in Canada. More than 6,000 athletes representing 41 nations, competed in 364 events in 36 different sports. Toronto Public Health (TPH) played a key role in planning and supporting the games to ensure the health and safety of athletes, spectators and volunteers.

Health Promotion

CondomTO – Let the Games Begin!

Distributed 280,000 Pan Am and Parapan Am-themed condoms through the Athletes Village, Toronto sexual health clinics, entertainment venues and AIDS service organizations.

Tobacco-Free Games

Promoted a “Smoke-Free Games” through venue signage, staff and volunteer training and encouraged sports associations to adopt tobacco-free policies to reinforce the message that tobacco use is incompatible with sports and a healthy lifestyle.

Weather Active App

Launched the Weather Active mobile app in partnership with Health Canada, Environment Canada and health units across the Games footprint to provide real-time information about heat alerts, air quality and keeping active.

Healthy Living

Created and distributed thousands of *Healthy Summer Living* brochures at community and games-related events to promote physical activity, sun safety, breastfeeding and harm reduction.

Mobile Dental Clinic

Showcased dental care services and information on family health and TPH breastfeeding friendly initiative.

PAN AM/ PARAPAN AM GAMES #TO2015



PAN AM/ PARAPAN AM GAMES #TO2015

**Ensured the safety
of over 850,000 meals
prepared and served
during Games**



Games Planning and Operations

Communicable Disease Surveillance and Control

TPH developed and implemented a comprehensive enhanced surveillance plan to ensure that public health threats during the Games were identified and could be responded to in a timely manner. This plan implemented by the Communicable Disease Surveillance Unit (CDSU) included the addition of two new data sources, daily monitoring of all data, as well as multiple daily reports and teleconferences with internal and external partners. In total, the CDSU produced 121 reports and updates over the course of the Games' surveillance period. The implementation of the enhanced surveillance plan was a team effort by the CDSU that included more than 1,000 hours of staff time and close collaboration with Provincial partners and nine other public health units. Despite investigating several triggers from multiple systems, no outbreaks or events of public health significance were detected during the Games.

Health Hazard and Food Services Inspections

- ▶ TPH inspected over 30 venues, eight swimming pools, and more than 100 food premises that served approximately 850,000 meals during the Games
- ▶ Reviewed construction and operational plans for new and renovated venues
- ▶ Provided food handler training for vendors at community events and festivals including Panamanian!, Spectator Jams, Pan Am Path and Torch Relay events and the opening and closing ceremonies.

Emergency Preparedness

TPH activated its Incident Management System (IMS) during the Games to support daily communications with partners, coordinate service delivery and ensure preparedness in case of an emergency incident requiring a public health response. Advance planning enabled TPH to refresh training for staff in IMS roles and update numerous procedures, which will strengthen future IMS activations.

How a Greener Toronto Can Improve the Health of All: Green Spaces are Vital Features of a Healthy City

In 2015, two systematic reviews were conducted to look at the relationship between green space and health. The first report, *Impact of Green Space on Heat and Air Pollution in Urban Communities* released by the David Suzuki Foundation summarizes the evidence on the cooling and air quality effects of green space. *Green City: Why Nature Matters to Health* concludes that green space has beneficial impacts on health and well-being. The evidence indicates that vulnerable groups, such as people living on a low income and children, would benefit the most from increased access to green spaces. The available evidence highlights the importance of continued investments in Toronto's natural heritage.

As a result of these findings, the Board of Health made recommendations to maintain, improve and increase access to green space in Toronto for vulnerable groups to help make Toronto a healthy city for all. In October 2015, Council adopted the *Green City: Why Nature Matters to Health* report which presented the findings of the systematic reviews.

**Providing green space and shade
for every child to play in
encourages healthy lifelong
physical activity.**

Making Walking and Cycling Safer

Walking and cycling have significant health benefits which include reducing many chronic illnesses such as diabetes, cardiovascular disease, and some cancers. However, people who walk and cycle are at increased risk of injury or death as a result of collisions with motor vehicles. TPH explored this issue in the report, *Pedestrian and Cyclist Safety in Toronto*, that was adopted by the Board of Health in June 2015.

The report describes the health impacts of collisions involving pedestrians and cyclists in Toronto, based on a comprehensive analysis of Toronto Police Service collisions reports from 2008-2012. It found that young adults and youth are especially vulnerable to collisions, but that older adults are at greatest risk of severe injuries. The report also notes that collisions that result in pedestrian and cyclist injury or death most commonly occur on roads with higher posted speeds.

These findings were used to identify strategies to reduce the risk of vehicle collisions and improve safety for pedestrians and cyclists in Toronto. This includes reducing speed limits along with measures to increase compliance, enhanced education, and improved road design.

BUILDING A HEALTHY CITY

designing for health



"I have found working on this issue to be very rewarding. It is satisfying to see the science of health and green space back-up what I (and most people) know intuitively – that green space in all its forms benefits health."

Marianne Kingsley
Health Policy Specialist



BUILDING A HEALTHY CITY

designing for health



"One of my favourite parts of the development process has been attending the Technical Advisory Committee meetings and hearing about the meaning of streets from other Divisions' perspectives. I've come to realize that the most prized real estate in the city is the curb."

Sherry Biscope
Health Policy Specialist

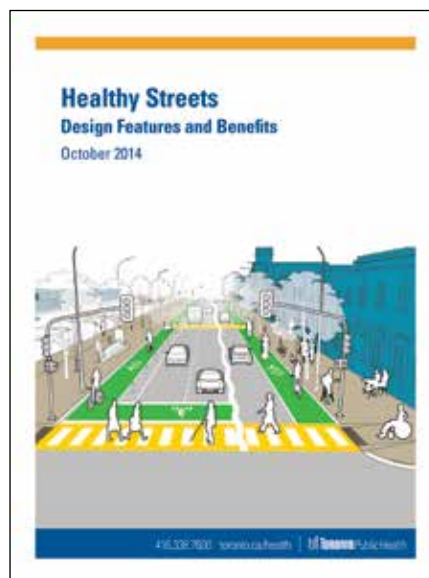
The Movement Toward Complete Streets

How our communities are designed and built can change Toronto's health. Evidence shows that good street design can promote more walking, biking and overall health.

Complete Streets is a transportation policy and design approach that considers the needs of all users, such as those who walk, bicycle, drive, or take transit, as well as consider people of varying ages and levels of ability. TPH's *Healthy Streets* reports supported the work of City divisions and agencies in the development of the City's Complete Streets guidelines.

In 2015, TPH developed the *Healthy Streets* reports which informed decisions made in the ongoing development of the guidelines. Healthy street design choices can help Toronto's communities improve quality of life by:

- ▶ ensuring safe and accessible streets for people of all ages and abilities,
- ▶ giving people a range of transportation choices,
- ▶ creating healthy and livable neighbourhoods,
- ▶ creating vibrant and attractive public spaces,
- ▶ supporting economic prosperity, and
- ▶ improving environmental sustainability.



At Toronto Public Health (TPH) we pride ourselves in building a high performing, diverse workforce that has strong and effective leaders, is service-oriented and engaged and provides healthy and safe workplaces.

Sharing Successes: Knowledge Exchange Forum

In December 2015, TPH held its fourth Knowledge Exchange Forum to promote learning and collaboration among staff. The annual forum provides opportunities for staff to learn about the work of their colleagues, and share success stories and opportunities.

Highlights

- ▶ 219 staff attended with representation from all programs and services
- ▶ Two keynote, 14 oral, three panel and two poster presentations were delivered
- ▶ New at KEF 2015 was an innovation panel where staff spoke on how they implemented new ideas in TPH practice

Positive Space: Our Commitment to a Diverse City

TPH is proud to support Positive Space Toronto, a corporate-wide strategy to ensure all City divisions are free from discrimination on the basis of sexual orientation, gender identity and gender expression. This initiative reaffirms TPH's commitment to health equity and human rights for lesbian, gay, bisexual, transgender, queer and two-spirited (LGBTQ2S) employees and clients alike.

Positive Space Toronto is founded on an Ambassador model; committed employees volunteer to promote LGBTQ2S inclusion within their existing job duties. To date, TPH has recruited the highest number of Positive Space ambassadors among all City divisions.

Ambassador training is ongoing and extensive. Training topics range from human rights legislation and effectively addressing homophobia/transphobia, to the health and social service barriers LGBTQ2S communities commonly face.

In 2015, TPH hosted its first Positive Space forum. This event offered TPH Ambassadors an opportunity to create a strong vision for meaningful LGBTQ2S inclusion. This vision includes:

- ▶ Providing support to LGBTQ2S co-workers and clients
- ▶ Promoting staff learning on sexual and gender diversity issues
- ▶ Enhancing organizational safety by being effective anti-oppression allies
- ▶ Advocating for greater inclusion in TPH policies and practices

OUR PEOPLE, OUR COMMITMENT



OUR PEOPLE, OUR COMMITMENT

Our Epidemiologists: Measuring Health

Monitoring, assessing and reporting the health of Toronto's population is the foundation for planning effective public health services. TPH epidemiologists are dedicated to understanding the health of Toronto's population by delivering timely and accurate information related to demographics, risk and protective behaviours, reproductive outcomes, mortality, injury, and diseases including infectious disease outbreaks. Some of the population health reports released in 2015 include:

- ▶ *Unequal City 2015*
- ▶ *Healthy Futures 2014*
- ▶ *Communicable Diseases in Toronto 2013*

Our epidemiologists also track a number of health indicators in order to understand trends and regional differences. Measuring differences in health between population groups based on income, ethnicity or other social determinants of health is an important way our epidemiologists support TPH's mission to reduce health inequities.



GastroBusters

GastroBusters is an online pilot project that was launched to provide the public with an easy way to report suspected food poisoning incidents. The information collected is used to improve TPH's ability to detect clusters or outbreaks of foodborne illness and to provide more accurate estimates of foodborne illness in Toronto. Each report is assessed to determine if an investigation is warranted.

- ▶ Approximately one in six Torontonians will get food poisoning each year
- ▶ 281 suspected sources of food poisoning were reported in 2015

eChat

eChat is an innovative service that enables public health nurses and dietitians to provide confidential and anonymous health counselling to the public. Using the eChat web-based application, counsellors are able to respond to questions relating to a variety of health topics including breastfeeding and chronic disease and injury prevention in real time and on demand.

Enhancements of Geo-Spatial Capacity

A mapping solution developed for use by the Chronic Disease and Injury Prevention, Healthy Communities, and Healthy Families directorates presents a visual representation of service impacts, facilitates service planning at multiple sites, improves planning of the geographical distribution of teams, and identifies service site locations to ensure they are located where client needs are greatest and where client access is best.

HE Mobile Inspection System

The Healthy Environment (HE) Mobile Inspection System will give public health inspectors and Healthy Environments enforcement officers the ability to enter investigation related results and print reports in the field using a wireless mobile device and application. This will replace the current process of manually documenting inspection findings using paper and it will create efficiencies and add value to services delivered by Healthy Environments. The Mobile System will support service delivery in a number of programs including Health Hazard Prevention and Management, Safe Water, Bed Bug Control Initiative, Vector Borne Diseases, Rabies Prevention and Control, Food Safety and Tobacco Control and Enforcement.

CDC Mobile

The Communicable Disease Control (CDC) wireless project is deploying mobile technology that will enable staff to access and enter data directly into health information systems at the point of service. This will improve the timeliness of our information, allow staff access to historical inspection and client data and prevent the unnecessary re-keying of data from paper forms into our information systems. Optimizing processes through wireless technology is imperative to ensure service delivery to clients and to improve program reporting.

MODERNIZING TOOLS FOR PUBLIC HEALTH

enhancing
new technologies
to improve access to
health information

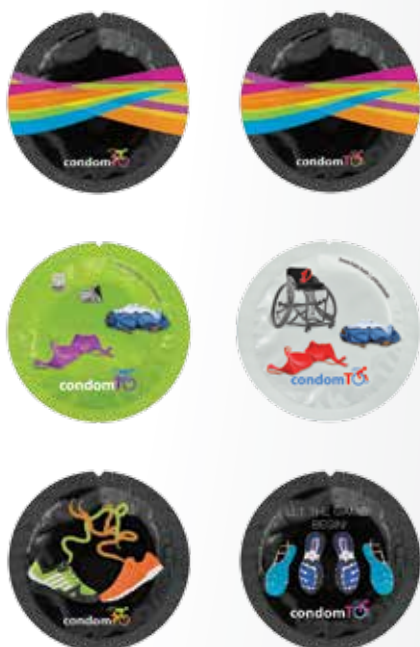


"I am very excited about eChat as we have had over 2,000 chats since January 2014. Customers appreciate that the tool is easy to use and efficient. It especially appeals to new parents and immigrants who are comfortable with going online to access information and services. eChat has helped us improve access to our TPH services."

Alina Tarasenko
Intake Public Health Nurse

TALKING WITH TORONTO

making
health information
accessible



Growing our Online Community in 2015

- ▶ Twitter: 29% increase in followers
- ▶ Facebook: 26% increase in "likes"
- ▶ Pinterest: 124% increase in followers

Mother's Day Tweet Chat

TPH hosted its first ever tweet chat to engage our online community and talk about health during pregnancy. New and expectant parents were encouraged to tweet their questions using the hashtag #MomsAskTPH. Public health nurses and dietitians were on hand to respond to questions in real-time.

Doctor's Notes

In December 2015, TPH launched Doctor's Notes: Official Blog of Toronto's Medical Officer of Health, a platform for Dr. David McKeown to share his thoughts on current public health issues. The blog is updated monthly, and promoted on TPH social media accounts.



Trending Topics

- ▶ **#condomTO** - post launch of new Pan Am/Parapan Am Games CondomTO wrappers
- ▶ **#ExtremeColdWeatherAlert** - alerts were issued when there was a forecast of temperatures of -15°C to ensure the most vulnerable residents were protected

Active City: Designing for Health Report

- ▶ Ontario Professional Planners Institute OPPI 2015 Excellence in Planning for Community Planning & Development Studies/Reports
- ▶ Ontario Professional Planners Institute OPPI and Heart & Stroke Foundation's Healthy Communities Award

Breastfeeding: It's OK to BrEAsTfeed in Public Campaign

- ▶ ACE Award, 2015 Best Digital Campaign of the Year, Canadian Public Relations Society, Toronto
- ▶ Ovation Award, 2015 Award of Excellence for Social Media, International Association of Business Communicators (IABC) Toronto
- ▶ Silver Leaf Award, 2015 Award of Merit for Government Communication Programs, IABC

Respect@TPH Campaign

- ▶ City Manager's Award for Toronto Public Service Excellence, Human Rights, Access, Equity and Diversity category

Welcome to Parenting, Online Prenatal Program

- ▶ City Manager's Award for Toronto Public Service Excellence, Divisional Project category

WeatherActive Mobile App

- ▶ IT Innovation Award for the Pan Am/Parapan Am Games

AWARDS AND RECOGNITION



AWARDS AND RECOGNITION



L to R: Dr. David McKeown; Stacey Berry, Board of Health Member, 2015 PHCA Sub-committee Chair; Floydeen Charles-Fridal, 2015 Individual Public Health Champion; Councillor Joe Mihevc.



L to R: Dr. David McKeown; Yogendra Shakya, Senior Research Scientist, Access Alliance Multicultural Health & Community Services; Stacey Berry; Axelle Janczur, Executive Director, Access Alliance Multicultural Health & Community Services; Councillor Joe Mihevc.

2015 Public Health Champion Awards

Since 2008, the Public Health Champion Awards (PHCA) have been recognizing the efforts of individuals and organizations based on their leadership towards reducing health inequalities, fostering collaboration to improve the health of the population, building community capacity through innovative health promotion strategies, and acting as a catalyst for positive change.

Each year one individual and one organization are recognized with a PHCA. Recipients are selected by a sub-committee of the Board of Health based on demonstrated achievements in one or more of the following areas:

- ▶ Providing leadership in efforts to reduce health inequalities
- ▶ Fostering collaboration to improve the health of the population
- ▶ Building community capacity through innovative health promotion strategies
- ▶ Achieving impact by acting as a catalyst for positive change

2015 PHCA Individual

Floydeen Charles-Fridal has shown exceptional leadership through her work with Rexdale Community Health Centre and as President of the Board of Directors at TAIBU Community Health Centre. She helped develop many of TAIBU's innovative programs, including its dental and oral health, sickle cell, diabetes education and peer nutrition programs. Her efforts have improved access to health services for many of the city's residents.

2015 PHCA Organization

Access Alliance Multicultural Health and Community Services has been a dedicated champion of community health for more than 20 years. Supporting new residents and racialized communities in Toronto, Access Alliance has been instrumental in establishing a medical clinic to provide health care services to these under-served populations. The organization has also been a key partner in collaborations with other service agencies, community organizations and research institutions, with the goal of increasing dialogue and engagement around the issue of accessible health care and services.

MONITORING THE HEALTH OF TORONTO

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

The chart below presents recent estimates for selected health status indicators. The "T" symbol shows how Toronto is doing compared to the rest of Ontario and to the most and least favourable results for health units in Ontario.

The estimates for Toronto's health indicators vary across the city with poorer health often associated with lower income and other social determinants of health including race, immigration status and sexual orientation. Overall, Toronto compares favourably or is on par with the rest of Ontario. Rates for physical activity, diabetes prevalence, and low birth weight infants are exceptions.

Population (2015): 2,839,180

Births (2013): 31,291

Deaths (2010): 16,606

	—	○	T	+	
	Health Unit with Least Favourable Result	Ontario without Toronto	Toronto	Health Unit with Most Favourable Result	
Indicator	Ontario Range				
Life Expectancy Female 2010	80.1	83.7	85.4	86.1	
Life Expectancy Male 2010	75.5	79.5	80.7	82.8	
Teen Pregnancy Rate* 2013	52.5		19.6	8.6	
Low Birth Weight** 2014	6.3%	4.8%	5.6%	3.3%	
Large for Gestational Age** 2013	16.8%	10.9%	7.5%	7.4%	
Smokers*** 2013/14	33.5%		19.6%	13.6%	
Exceeds Low Risk Drinking Guidelines*** 2013/14	38.2%	28.0%	23.8%	19.3%	
Physically Active During Leisure*** 2013/14	42.1%	52.3%	49.5%	59.4%	
Overweight or Obese*** 2013/14	67.3%	56.7%	49.2%	46.9%	
Colorectal Cancer Incidence**** 2012	74.9	52.3	44.2	40.9	
Lung Cancer Incidence**** 2012	97.8	58.5	45.2	41.1	
Breast Cancer Incidence**** 2012	144.9	112.7	109.1	87.8	
Diabetes Prevalence 2013	12.4%	9.9%	11.2%	8.4%	

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

FUNDING PUBLIC HEALTH

2015 Annual Budget

In 2015, the Government of Ontario provided funding for 71% of the TPH gross operating budget with 22% contributed from the City of Toronto and the remaining 7% from user fees and other divisions in the City. The cost sharing formula of 75:25 for most public health services means that every \$1 of investment by the City results in \$4 of service.

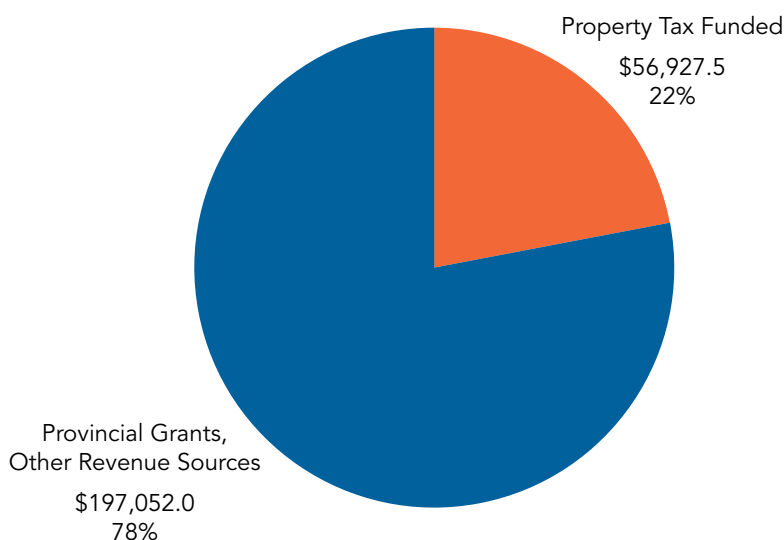
Overview

- ▶ 1,875 staff
- ▶ \$254.0 Million Gross Operating Budget

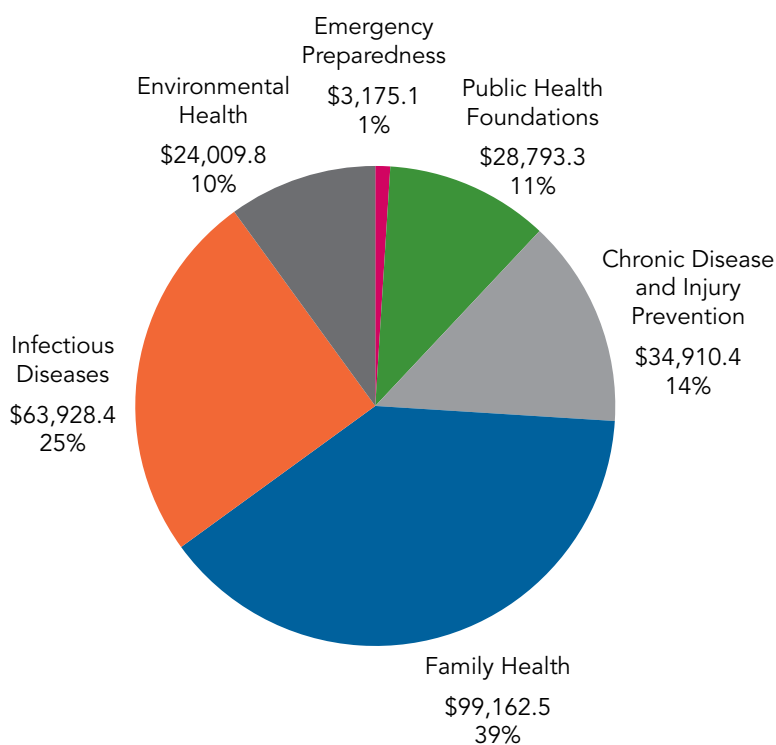
The budget supports ongoing public health service levels, and adds:

- ▶ \$1.3 Million increase in Student Nutrition Program to ensure Toronto students have access to nutritious meals and snacks to help them stay healthy and enhance learning
- ▶ \$0.2 Million increase in Toronto Urban Health Fund
- ▶ \$0.2 Million increase for Day Nursery Immunization

TPH 2015 Approved Operating Budget by (\$000s)



TPH 2015 Approved Operating Budget by Ontario Public Health Standard (\$000s)



All \$ values represent thousands

STRATEGIC PLAN

On November 17, 2014 the Toronto Board of Health approved Toronto Public Health's new Strategic Plan for 2015-2019. The plan, entitled A Healthy City for All, builds on the organization's previous strategic plan and charts its future direction. It affirms the organization's Vision, Mission and Foundational Principles, and articulates the Priority Directions and Actions that will guide TPH's service delivery, policy and advocacy initiatives for the next five years.

The 2015-2019 TPH Strategic Plan is a responsive, dynamic document that guides the divisional vision to reduce health inequities and improve the health of the Toronto population as a whole. In 2015 work was done to develop performance measures for the plan.

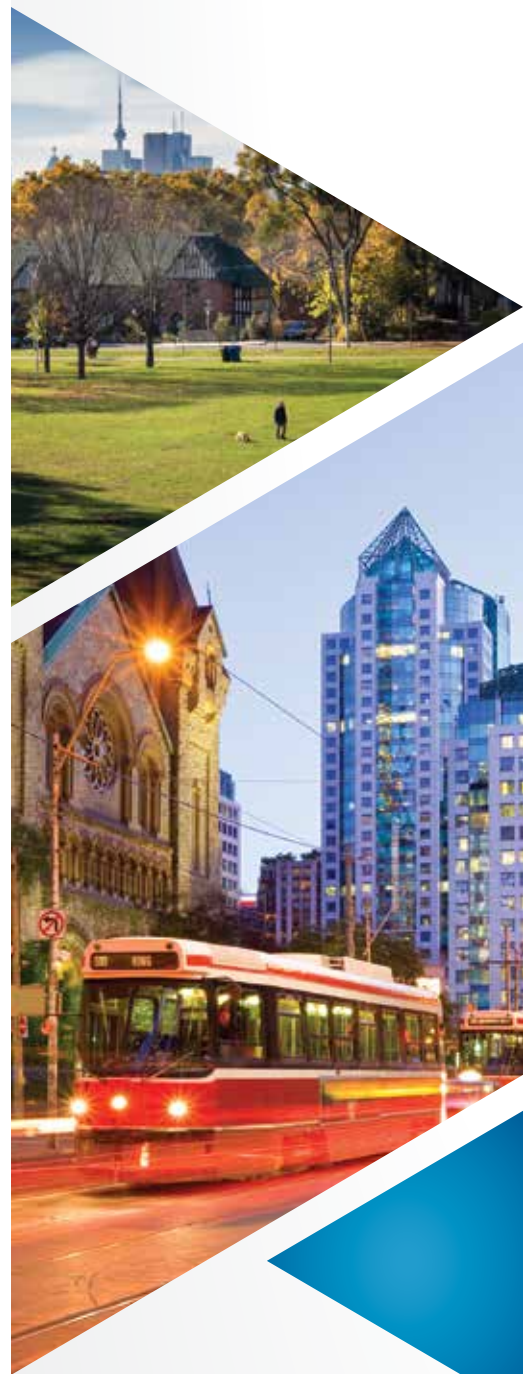
TPH's existing Performance Management Committee (PMC) and the senior management team worked to develop the first set of performance measures for the five year strategic plan. Robust, reliable data collection sources and the number of measures needed to accurately report on outcomes per strategic action are key factors to meet the criteria for what is measurable. Expected outcomes from proposed performance measures, data collection sources and reasonable timelines guided the process. Measures for each priority direction need to adequately reflect the performance of the strategic plan/actions, and each measure needs to be assigned to a directorate that owns the outcome.

The strategic plan is a key link in a multifaceted relationship between service planning, our performance management framework, evidence based decision making and our commitment to quality and client services.

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



2015



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