

# Toronto Public Health initiatives to prevent cancer

Board of Health  
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# Overview

- Data on cancer in Toronto
- Cancer risk factors
- Population-level approach to cancer prevention
- Toronto Public Health interventions to prevent cancer



# Cancer is a leading cause of illness and death in Toronto

Highest rate for new diagnoses (2019)








Rank	Female	Male
1	Breast	Prostate
2	Lung and Bronchus	Colon and Rectum
3	Colon and Rectum	Lung and Bronchus
4	Uterus	Urinary Bladder
5	Thyroid	Non-Hodgkin Lymphoma

Highest annual mortality rate (2019)

Rank	Female	Male
1	Lung and Bronchus	Lung and Bronchus
2	Breast	Colon and Rectum
3	Colon and Rectum	Prostate
4	Pancreas	Liver and Intrahepatic Bile Duct
5	Ovary	Pancreas

Research shows disparities in cancer outcomes, such as incidence and mortality.

# Cancer risk factors can be modifiable or non-modifiable

- Some cancer risk factors are non-modifiable, such as age and genetics.
- Other cancer risk factors can be modified to reduce cancer risk, including:
  -  Social determinants of health (e.g., income, education, early childhood experiences, racism and housing)
  -  Tobacco use
  -  Diet (e.g., processed and red meat consumption, low vegetables and fruit consumption)
  -  Physical inactivity
  -  Alcohol consumption
  -  Exposures to environmental factors (e.g., ultraviolet radiation, pollution, chemical carcinogens like asbestos, second-hand smoke, radon)
  -  Infections (e.g., hepatitis C, and vaccine-preventable hepatitis B and HPV)

# Roles and responsibilities for cancer screening, prevention and treatment



The Province of Ontario, through Ontario Health and Cancer Care Ontario, is responsible for cancer planning, prevention and care.



Health care focuses on the individual through cancer screening and clinical care.



Public health applies a population health approach to cancer prevention that focuses on improving community health through broad, systemic initiatives.

# TPH programs reduce the spread of infectious diseases that can cause cancer

- The BodySafe program inspects services where there is a risk of exposure to infections (barbering, tattooing, nail services, etc.).
- The Control of Infectious Disease and Infection Control program follows up on reports of body fluid exposures in the community and investigates cases of hepatitis B and C.
- The Sexual Health Clinic program provides testing and referral for hepatitis B and C, and cervical cancer screening to those with barriers to Pap testing.
- Harm reduction services, such as needle exchange programs, help prevent the spread of infections, including hepatitis B and C.



# TPH prevents cancer through HPV and hepatitis B vaccination

- The School Immunization Program administers three vaccines to school aged children, including HPV and hepatitis B vaccines.
- Sexual health clinics administer HPV and hepatitis B vaccines.
- The Works, a harm reduction program for people who use drugs, administers hepatitis B vaccines.



# TPH works to reduce cancer-related harms associated with the use of alcohol and tobacco

Toronto Public Health provides:

- Health promotion to prevent or delay youth substance use and information and resources on healthy living and safer substance use.
- Referrals for people seeking services for the use of alcohol.
- Enforcement of the Smoke Free Ontario Act.
- Advocacy for laws and policies that reduce alcohol, tobacco and vapour harms.





# TPH promotes healthy behaviours early in the lifespan to reduce modifiable cancer risks throughout life

- The Reproductive Early Years program offers free support for breastfeeding/chestfeeding.
- The School Health Team works with school staff, students and families to promote food and physical literacy and prevent substance use.
- Toronto Public Health enforces the Skin Cancer Prevention (Tanning Beds) Act to protect those under 18 from UV exposure from tanning beds.
- Dental and Oral Health Programs provide screening and education on oral cancer.



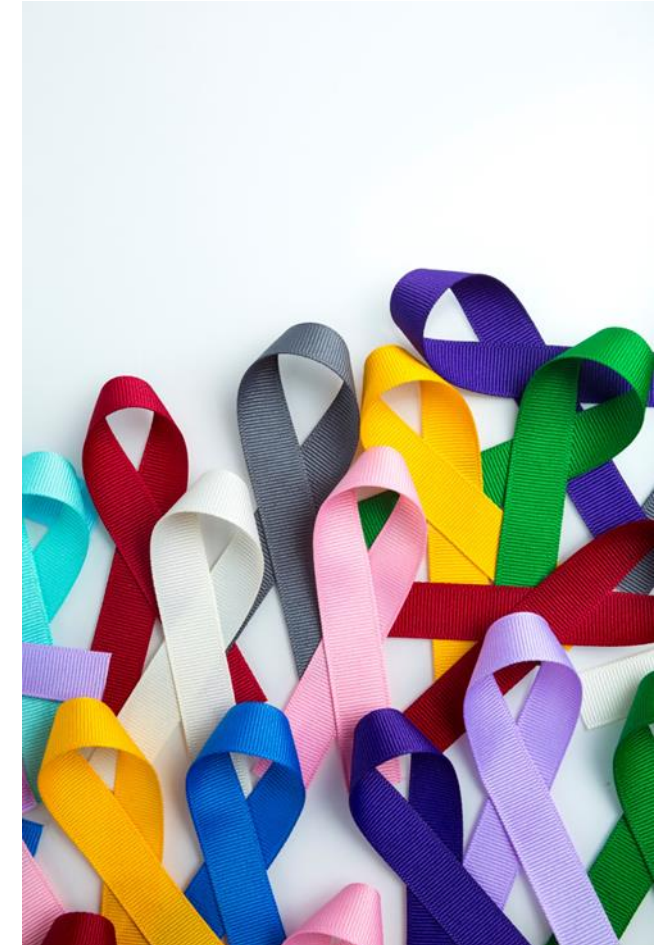
# TPH advances healthy environments that reduce the risk of cancer

- The ChemTRAC program aims to reduce toxic chemicals, including carcinogens, in our environment.
- Toronto Public Health collaborates with partners to:
  - Increase shade to protect against UV exposure in outdoor spaces and provide free sunscreen at select parks.
  - Enhance built environments (e.g. walkable neighbourhoods) and active transportation (e.g., bike lanes).
  - Monitoring food affordability and increase access to nutritious food.



# TPH will continue to work to prevent cancer

- Monitor cancer-related health data to assess population health and identify risk factors.
- Collaborate with community partners to strengthen cancer prevention and health protection efforts.
- Promote health and well-being across the lifespan and reduce harms related to substance use.
- Advocate for policies that promote health equity and reduce health disparities in cancer prevention and care.
- Partner and engage with First Nations, Inuit and Métis communities, organizations and service providers.
- Collaborate to create healthy environments.



# Thank you