



# COMMUNITY REPORT



# 2016 Board of Health

[wdgpublichealth.ca/board-health](http://wdgpublichealth.ca/board-health)

Wellington-Dufferin-Guelph Public Health has a Board of Health consisting of elected representatives from Wellington and Dufferin counties and the City of Guelph, as well as local representatives appointed by the provincial government.

The Board of Health is responsible for the general oversight and direction of Public Health. The Ontario Public Health Standards guide the assessment, planning, delivery, management and evaluation of our programs and services.

## 2016 BOARD OF HEALTH REPRESENTATIVES

### **Margaret Abbink**

*Provincial Appointee, City of Guelph*

### **Doug Auld, Chair**

*Provincial Appointee, County of Wellington*

*Term ended: November 14, 2016*

### **William Baxter**

*Provincial Appointee, County of Wellington*

### **Christine Billings**

*Councillor, City of Guelph*

### **George Bridge**

*Mayor, Town of Minto  
Warden, County of Wellington*

### **Guy Gardhouse**

*Mayor, Township of East Garafraxa  
Councillor, County of Dufferin*

### **June Hofland**

*Councillor, City of Guelph*

### **Dennis Lever**

*Mayor, Township of Puslinch  
Councillor, County of Wellington*

### **Mark MacKinnon**

*Councillor, City of Guelph*

### **Ken McGhee**

*Deputy Mayor, Town of Mono  
Councillor, County of Dufferin*

### **Dr. Nicola Mercer, Ex-Officio Member**

*Medical Officer of Health & CEO*

### **Keith Perron, Secretary-Treasurer**

*Provincial Appointee, City of Guelph*

### **Nancy Sullivan, Vice-Chair**

*Provincial Appointee, City of Guelph  
Appointed as Chair: November 2016*

### **Allen Taylor**

*Provincial Appointee, County of Dufferin*

### **Chris White**

*Mayor, Township of Guelph-Eramosa  
Councillor, County of Wellington*

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# Message from the Medical Officer of Health & CEO, Dr. Nicola Mercer

In 2017, as the country turns 150 years old, Canadians may be reflecting on how fortunate they are to be living here. One of the distinct benefits of living in Canada is the universal system of healthcare that Canadians are able to take for granted, particularly when they are ill and require medical attention. Throughout our country's history, public health has also played a key role in the detection and control of infectious diseases, the promotion of healthy lifestyles, and the prevention of disease and injury.



**Dr. Nicola Mercer**  
*Medical Officer of Health  
& CEO*

Public health and the healthcare system in Ontario are on the precipice of important change. With the recent release of the *Patients First Act* legislation and the modernization of the Ontario Public Health Standards, the healthcare system is working to eliminate inequities and improve the circumstances in which people in our communities are born, grow, live, work and age.

Canadians recognize health disparities that exist between prosperous and developing nations. Poverty, poor nutrition, lack of education and employment, and inadequate housing are some of the social determinants of health that affect individuals and groups in developing and war-torn countries around the world.

When we turn the lens to Canada and our local communities, health inequities may not be as obvious to everyone, but they do exist. Wellington-Dufferin-Guelph Public Health assesses the health outcomes of groups of individuals to determine which priority populations would benefit from evidenced-based programs and services.

We have chosen health equity as one of four strategic directions in our 2016-2020 Strategic Plan which will align with changes being made to Ontario's healthcare system. Public Health's programs and services will use health equity principles in an effort to reduce and eliminate health differences in our communities.



# Message from the Board of Health Chair, Nancy Sullivan

It is a particular privilege to serve as Chair of the Board of Health of Wellington-Dufferin-Guelph Public Health as we celebrate 50 years of service to the residents of Wellington County, Dufferin County and the City of Guelph.

I would like to acknowledge the dedication and commitment to public health of the municipal representatives and provincial appointees who serve with me on the Board of Health. This dedicated group of people are as passionate about the work of public health as I am.



**Nancy Sullivan**  
*Board of Health Chair*

Working together, Board members provide oversight and guidance at the local level for the essential work of public health in delivering programs and services to meet the distinctive needs of our communities. Public Health's vision is our shared hope for the future that everyone in our community has the opportunity for health and well-being.

The current committed staff of Wellington-Dufferin-Guelph Public Health and all those who preceded them over the past 50 years deserve special thanks and recognition. You are the physicians, nurses, inspectors, epidemiologists, health promoters, dental staff, speech and language pathologists and support staff who have and continue to make significant contributions to the health of individuals and families in Wellington, Dufferin and Guelph. I believe we are living in healthier communities today as a result of your efforts to prevent disease, protect health and promote the well-being of individuals and our communities.

Throughout my career, I have had several gratifying opportunities to participate in the governance of universities and community organizations. My involvement with Public Health affords me with the unique opportunity to make a difference in the health and well-being of Wellington County, Dufferin County and the City of Guelph.

For anyone interested in the work of Wellington-Dufferin-Guelph Public Health, our Board meetings are open to the public. Information on the dates for our meetings and the programs and services we offer is available at [wdgpublichealth.ca](http://wdgpublichealth.ca).

# 2016-2020 Strategic Plan

Public Health helps people stay well. As an essential part of the healthcare system, we are committed to the health and well-being of the communities we serve. Our new Strategic Plan is establishing priorities, guiding decision-making, aligning resources and inspiring staff. More information is available at [wdgpublichealth.ca](http://wdgpublichealth.ca).

**VISION** Everyone has the opportunity for health and well-being.

**MISSION** Wellington-Dufferin-Guelph Public Health uses an innovative approach to deliver evidence-informed programs and services to meet the distinctive needs of our communities.

**MANDATE** The Province of Ontario mandates Wellington-Dufferin-Guelph Public Health to provide programs and services that prevent disease, protect health and promote the well-being of individuals.

**VALUES**

**Advocacy**

Public Health advocates for policies and strategies that improve the health and well-being of people where they live, work, learn and play.

**Engagement**

Public Health builds and maintains meaningful relationships with clients and stakeholders for the well-being of the communities we serve.

**Excellence**

Public Health is committed to the delivery of high quality, evidence-informed programs and services.

**Respect**

Public Health is dedicated to providing an inclusive environment that respects diversity.

**Transparency**

Public Health is accountable and fiscally responsible to staff, communities and partners.

# Strategic Directions

WDGPH's strategic directions provide the framework for our day-to-day work. We have selected four priorities that will transform our vision, mission, mandate and values into action.



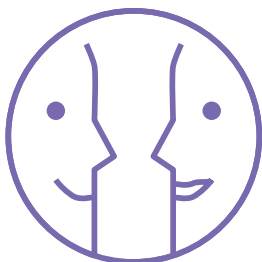
## HEALTH EQUITY

We will provide programs and services that integrate health equity principles to reduce or eliminate health differences between population groups.



## ORGANIZATIONAL CAPACITY

We will improve our capacity to effectively deliver public health programs and services.



## SERVICE CENTRED APPROACH

We are committed to providing excellent service to anyone interacting with Public Health.



## BUILDING HEALTHY COMMUNITIES

We will work with communities to support the health and well-being of everyone.

# Your Health

wdgpublichealth.ca/your-health



Public Health is a vital part of the local healthcare system. We offer many evidence-based programs and services to help residents achieve their optimum health. For more information about how Public Health supports your health and well-being, visit [wdgpublichealth.ca](http://wdgpublichealth.ca) and the “Your Health” section.

## RESPECT FOR SEXUAL AND GENDER DIVERSITY

**Positive  
Space**

Lesbian Gay Bisexual  
Transgender Queer



Public Health is committed to providing equitable access to programs and services for people of all sexual and gender diversities in our communities. To ensure that our Public Health offices are welcoming and LGBTQ friendly, we recently asked clients, community partners and local service providers for their feedback. Read about steps Public Health is taking to improve everyone’s experience in “[LGBTQ Health: Results from Community Consultations](#)” available at [wdgpublichealth.ca](http://wdgpublichealth.ca).

Public Health staff have had an opportunity to participate in “positive space” training to understand the issues around sexual and gender diversity. We are increasing our awareness and understanding of the issues affecting the LGBTQ community to work respectfully and equitably with everyone.

## REDUCING THE RISK OF SHINGLES

One-third of adults who had chickenpox are likely to get shingles during their lifetime. [Shingles](#) can result in serious complications, the most common being mild to severe nerve pain that can last months or even years after the blisters are gone. In addition to making daily activities difficult, shingles can have serious consequences such as nerve damage and vision loss if it affects the eye.

To reduce the risk of getting shingles, Public Health promotes the Zostavax vaccine to adults aged 50 and older. Anyone who is between 65 and 70 years old is able to get the shingles vaccine from their doctor or at a Public Health clinic at no cost. For those outside this age group, the vaccine is available by prescription from their doctor (the cost is approximately \$200).





## HARM REDUCTION APPROACH TO MARIJUANA USE

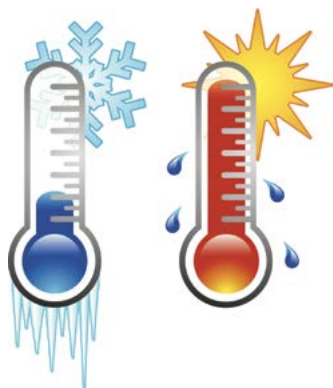


Cannabis is the most widely used illegal drug in Canada with approximately 11 percent of Canadians and 14 percent of Ontarians reporting use in the past year. A local survey conducted by Public Health revealed that approximately one-quarter of grade 10 students reported using cannabis in the past year.

Individuals who start using cannabis during adolescence and frequent users are most at risk of immediate and long-term health effects. Of particular concern to Public Health is cannabis use while driving. Recent cannabis use reduces reaction time, concentration, visual function, short-term memory and doubles a driver's risk of a motor vehicle collision.

The Federal Government has committed to the legalization of marijuana. Public Health is advocating for an approach that includes strict regulations around the drug's production, distribution, promotion and sale. Public Health wants to ensure that the new regulatory system promotes health and safety, reduces harm and prevents youth uptake. For more information you can read "[A Public Health Approach to Cannabis Legalization in Canada](#)" board report on our website.

## PROTECTION FROM EXTREME WEATHER



Public Health receives advance warning from Environment and Climate Change Canada of extreme heat or cold weather conditions. We relay the information to our community partners including the [City of Guelph](#), [Dufferin County](#) and [Wellington County](#) so they can activate [extreme heat](#) or [extreme cold](#) weather plans. Additionally, we notify daycares, retirement homes and long-term care providers of potentially dangerous weather conditions.

Another important part of the notification process is providing residents of the community with information about ways to protect themselves against extreme heat and cold, and the potential health effects of conditions such as frostbite and heatstroke.

Public Health monitors [air quality](#) and issues smog alerts when air pollution increases health risks. Children, seniors, people who work or exercise outside, and individuals with diabetes, heart disease and lung disease are at most risk. Get smog and extreme weather alerts by following us on [Twitter](#) and [Facebook](#).

## PROMOTING A HEALTHY LIFESTYLE

Public Health's "[Stay Well WDG Blog](#)" has been up and running since 2015 and offers healthy living tips, stories and ideas for residents of Wellington, Dufferin and Guelph. You can subscribe to get weekly blog posts direct to your inbox and read current and past editions at [wdgpublichealth.ca/blog](#).

An example of what you might read about is a summertime blog about [E. coli](#) describing the wide range of symptoms that can make individuals sick. Those most at risk are young children, pregnant women, older adults and anyone with a

weakened immune system. The blog offers advice for protecting your family from E. coli including [barbeque food safety skills](#), tips for [staying safe and healthy at pools and splash pads](#), and [testing and treatment of private well water](#).

## CREATING COMMUNITIES FREE FROM ALCOHOL- RELATED HARM

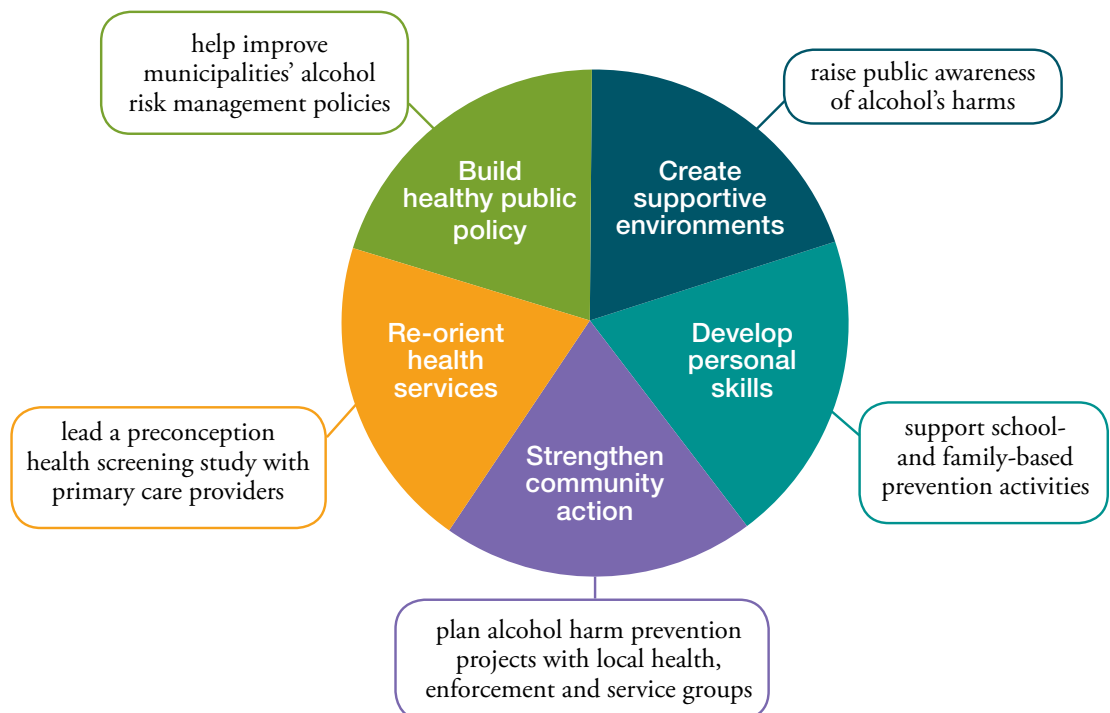
Despite the popular belief that moderate drinking can improve your health, research shows that the health risks of alcohol use are more likely to greatly outweigh the benefits. Alcohol use, especially at high-risk levels, is associated with over 60 diseases including cancer, heart disease, digestive diseases and mental health conditions. It also contributes to traffic injuries, violence and suicide. Locally, alcohol is responsible for an average of 463 hospital visits per year.



Our studies indicate that more people in Wellington, Dufferin and Guelph drink alcohol, and are more likely to drink in a high-risk way, than the provincial average. About half of local grade 10 students reported binge drinking in the past year and one in three University of Guelph students are heavy, frequent drinkers.

Public Health has developed a comprehensive strategy and is working with community partners to educate the public about alcohol-related harms, strengthen policies at the municipal and provincial levels, and prevent alcohol misuse in youth and young adults. Find the [“Alcohol Harm Prevention Strategy”](#) board report and [“7 things you didn’t know about alcohol”](#) blog post on our website.

### The Strategy



# Your Kids

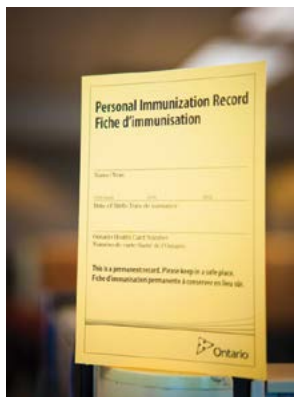
wdgpublichealth.ca/your-kids



Public Health is available to help parents with the health and development of their children. We offer programs and services to assist with pregnancy, feeding and nutrition, dental health, vaccination and parenting. For more information about how Public Health supports parents, visit the “[Your Kids](#)” section of our website.

To speak with a public health nurse about parenting or your child’s health and development, call KIDS LINE at 1-800-265-7293 ext. 3616. You can also connect with us on Facebook [@LetsTalkParenting](#) and Twitter [@LetsTalkParents](#) where we share parenting tips, strategies and resources.

## KEEPING IMMUNIZATION RECORDS UP TO DATE



It is a requirement of the Immunization of School Pupils Act that students who attend school in Ontario must have up-to-date vaccinations or a legal exemption on file with Public Health. Annually, Public Health assesses the immunization records of all students and notifies those with missing vaccines that they need to update their records to avoid suspension from school.

In 2016, 1767 elementary and high school students were suspended because of incomplete immunization records. Public health nurses and staff worked with schools, students and families to get suspended student’s immunizations up-to-date and on file so they could return to class.

Parents/guardians/students are encouraged to make an appointment with their physician to arrange for any missing vaccines. Public Health also holds drop-in immunization clinics at our offices and [local high schools](#). Visit the “Your Kids” section of our website to find out [what immunizations are needed for school](#) and how to report them to Public Health.

## PROTECTION FROM THE HUMAN PAPILLOMAVIRUS

Parents of children in grade 7 receive an [immunization consent form](#) from Public Health at the beginning of the school year. By signing the form, parents protect their children from the human papillomavirus (HPV), in addition to meningococcal disease and hepatitis B which are given at the same time.

HPV is a common virus that can lead to cervical, penile and genital cancers, as well as genital warts. Gardasil, the HPV vaccine, is most effective when given before an individual becomes sexually active.

## FREE ORAL HEALTH SERVICES FOR KIDS



The most common chronic disease of early childhood is tooth decay. Public Health provides [free oral health services to children and youth](#), ages 0-17, through [Healthy Smiles Ontario](#). Our staff will help families that cannot afford dental care to enroll in the program. Anyone with questions is welcome to call the Dental Line at 1-800-265-7293 ext. 2661 or search “HSO” on our website.

Public Health dental hygienists also [visit elementary schools to screen students’](#) teeth and then let their families know if there are any oral health problems such as cavities. In 2016, over 13,000 local children were screened in school and community clinics. We also provide fluoride varnish, a protective coating that helps prevent cavities, for students in those schools where children have higher rates of urgent dental problems. The number of urgent oral health needs at these schools has decreased significantly since the introduction of the program.

Poor oral health is associated with health complications during pregnancy, including premature birth and low birth weights for newborns. Since 2013, Public Health has been offering free dental cleanings to pregnant women enrolled in our [“Pregnancy to Parenting”](#) program to help improve the health of mom and baby.

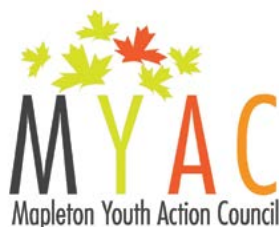
## SPEECH AND LANGUAGE SERVICES FOR PRESCHOOLERS

“[Wee Talk](#)” is a free speech and language service for preschoolers. Parents or guardians who are concerned about their child’s speech can call [KIDS LINE at 1-800-265-7293 ext. 3616](#). Children with speech and language developmental concerns will be assessed by a speech-language pathologist who will determine what services are most appropriate.



Wee Talk offers a broad range of therapy and programming options including individual and group therapy, parent education and training, and transition to school support. For more information about Wee Talk Preschool Speech and Language services, visit [weetalk.net](#).

## SUPPORTING YOUTH IN THE COMMUNITY



Public Health is committed to helping young people reach their full potential and feel connected to their communities. We support a variety of community programs that create opportunities for youth participation. Anyone wanting information about how to make a community group or organization more youth friendly is welcome to contact Public Health.







In partnership with the townships in North Wellington County, [Public Health supports Youth Action Councils](#). Individuals between the ages of 14-24 can join groups in [Mapleton](#), [Wellington North](#) and [Minto](#). The Youth Action Councils provide leadership and volunteer opportunities for youth. Youth also have an opportunity to share their ideas about how to make policies, programs and services more youth friendly with local councils, businesses and organizations.



## FAMILY MENTAL HEALTH



healthy babies  
healthy children

Mental health is an important part of every individual's overall health and well-being, and an important component of some of Public Health's programs and services. We recently released a report called "[Mental Health in Wellington, Dufferin and Guelph](#)" that takes an in-depth look at local mental health issues. This report can be found by searching "mental health" on our website.

Public Health supports the mental health of families participating in the "[Healthy Babies Healthy Children](#)" program. Our clients are families with children who may be at an increased risk due to challenging situations. Public health staff can provide families with helpful advice about their child's development, parenting and healthy living. Our staff also link clients with other community support services as needed.

## PRENATAL PROGRAMS

For any woman looking online for advice about her pregnancy, there is an overwhelming amount of information and it is not all reliable or based in best practice. This is one of the reasons Public Health has introduced a [new online prenatal program](#) for individuals and families in Wellington, Dufferin and Guelph who are expecting a family. "The Gift of Motherhood" includes a "narrator option" for those who prefer to listen rather than read the information. The program includes videos, activities and links to other websites and local community resources.

Public Health also offers [in-person prenatal classes](#) which we recommend taking in the fifth or sixth month of pregnancy. Register for either the online or in-person program (or both) at [wdgpublichealth.ca](http://wdgpublichealth.ca), or by calling 1-800-265-7293.

Learn about pregnancy, birth,  
breastfeeding and  
taking care of baby with our

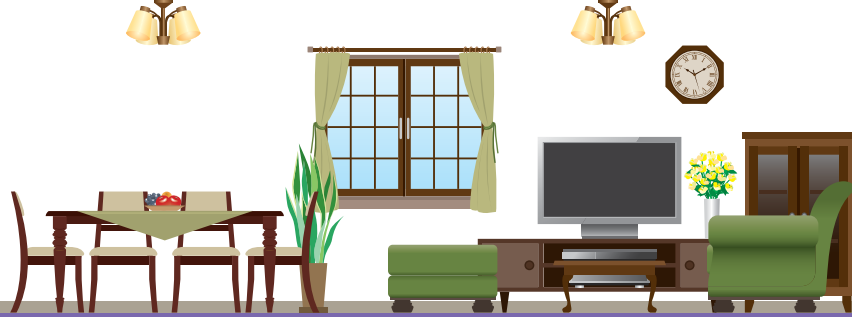
**FREE** Online  
Prenatal Program





# Your Home

[wdgpublichealth.ca/your-home](http://wdgpublichealth.ca/your-home)



Public Health offers a number of services whether you live in a house, condo or apartment. We can provide information about food safety, radon testing, well water testing, lead in pipes and more. For information about how Public Health services help keep your family safe at home, visit [wdgpublichealth.ca](http://wdgpublichealth.ca) and the “[Your Home](#)” section.

## TESTING YOUR HOME FOR RADON



[Radon](#) is a naturally occurring radioactive gas that is released from the soil. It seeps into buildings through cracks in the foundation. Radon accumulates; the higher the concentration, the greater the risk of developing lung cancer. Locally, 15 percent of homes have higher radon levels than recommended in Canadian guidelines.

For the past two years, Public Health has hosted [radon information sessions](#) so the public can ask experts questions about radon and how to test for it. In 2016, 277 local residents attended radon information sessions

held in Guelph, Fergus and Orangeville. The fall and winter are the best seasons to do radon testing because windows and doors are generally closed, preventing drafts from affecting the results. The public can compare their home's test results with the Health Canada guideline that recommends taking action to reduce the indoor radon level if it is above 200 Bq/m<sup>3</sup>.

## TESTING DRINKING WATER FROM YOUR WELL



[Well water that looks, tastes and smells fine can be contaminated with bacteria.](#) As a result, Public Health recommends that drinking water from a private well should be tested three times a year. Residents can pick up a water sampling bottle from their township or a Public Health office. [Well water testing](#) is free.

Public Health sends water samples for testing to a regional public health laboratory. Results are typically available with five business days of dropping off a sample at a Public Health office. Anyone who needs help interpreting the results of their well water test or wants to know how to disinfect their well can contact Public Health.



## AVOID SPREADING ILLNESS AT HOME

Public Health is responsible for the investigation of cases of outbreaks and infectious diseases in the community in institutions such as [hospitals](#), [long-term care facilities](#), [retirement homes](#), [licensed daycares](#) and [group homes](#). During outbreaks, Public Health works collaboratively with institutions to promote current infection prevention and control requirements such as housekeeping practices, types and uses of disinfectants, use of personal protective equipment and isolation of individuals with symptoms.

Family members living together in households are also vulnerable to viruses that spread easily and are hard to kill. One of the worst and well-known causes of vomiting and diarrhea is the [norovirus](#) which occurs frequently in institutions.

Following are a few basic tips for families to avoid spreading illness to others:

- Use a bleach and water cleaning solution for high-touch surfaces (1 part bleach to 10 parts water). Clean and disinfect surfaces sick people might have touched (e.g., bathroom counters, doorknobs, taps and toilets).
- Launder the sick person's bedding and clothing in a separate load.
- Use gloves when cleaning up vomit and stool and discard after using.
- Wash hands thoroughly using soap and water after using the bathroom or changing a diaper, and before preparing or eating food.
- The person who is sick should stay home from work or school for at least 48 hours until vomiting and diarrhea have stopped. Do not prepare food for other people until you feel better.



# Your Community

[wdgpublichealth.ca/your-community](http://wdgpublichealth.ca/your-community)



Public Health works with community partners to develop policies that improve local health outcomes. We also work to reduce potential health risks to the community through routine inspections that ensure businesses are providing safe services. In 2016, Public Health conducted 4,260 inspections of food premises, drinking water and recreational water. For more information about how Public Health supports the health of the community, visit [wdgpublichealth.ca](http://wdgpublichealth.ca) and the “Your Community” section.

## SUPPORT FOR A BASIC INCOME GUARANTEE

Public Health supports a proposal that would address poverty and improve the health of Canadians including the one in seven children in this country who live in poverty. A [basic income guarantee](#) is an economic and social intervention that would assist everyone to meet their basic needs. The Board of Health has joined widespread advocacy efforts to encourage the federal government to investigate a basic income guarantee for all Canadians.

Public Health programs and services use health equity principles to reduce or eliminate health differences in our community. A [basic income guarantee for all Canadians](#) also has the potential to improve health outcomes and lift individuals with the lowest incomes out of poverty.



## IMPLEMENTING AND ENFORCING SMOKING LEGISLATION



Public Health is responsible for the implementation and enforcement of new legislation enacted on January 1, 2016 affecting both the [Smoke-Free Ontario Act \(SFOA\)](#) and the [Electronic Cigarettes Act \(ECA\)](#). Amendments to the SFOA ban most flavoured tobacco, double the maximum fines for selling tobacco products to minors and prohibit smoking on hospital grounds. Under the ECA it is illegal to sell or supply e-cigarettes to minors.

[Public Health implemented the legislation](#) through educational visits to approximately 225 tobacco and e-cigarette vendors in the region to inform them of their obligations. Any business that sells tobacco or e-cigarettes to someone under 19 years of age faces a fine and the possibility of losing their license to sell these products.

In Canada, teens and young adults are using e-cigarettes more than any other group. The ECA is working to limit exposure of youth to e-cigarettes and the potential health risks associated with nicotine addiction.

## WORKING TO PREVENT THE THREAT OF RABIES



Public Health is working to prevent the occurrence of [rabies](#) including making the public aware that rabies poses a serious threat to people and their pets. This effort is due to the recent [re-emergence of rabies in the Ontario wildlife population](#) in December 2015. Prior to that, there had not been a case of rabies in the province in the past 10 years.

Hundreds of raccoons and skunks in [Ontario](#) have tested positive for the raccoon strain of rabies. Most of these animals are from the Hamilton area; however, other affected areas include Haldimand-Norfolk, Niagara Region, Perth County and Brant County.

The public can [reduce the risk of rabies](#) by vaccinating their dogs and cats, supervising pets when they are outside, and staying away from all wildlife and unfamiliar animals. Anyone concerned that they may have been exposed to rabies should immediately contact their physician or go to a hospital emergency department.

## PUBLIC HEALTH AND SAFETY AT COMMUNITY EVENTS

[Public Health protects the health of the public at community events](#) by managing and investigating food safety, water safety, tobacco control, rabies control and health hazard complaints. One of these events was the [International Plowing Match](#) in Minto Township in September 2016. Public Health [implemented a plan](#) to ensure the health and safety of approximately one million visitors during the course of the event. These efforts included advance [food safety training](#) for anyone who would be serving food to the public.

[Public health inspectors \(PHIs\)](#) were at the event for its duration to protect the public from potential health risks. All food vendors were inspected on location before they could open to the public. On a daily basis, PHIs tested 10 metres of water distribution lines to ensure that water was safe to use. PHIs also conducted active surveillance for the risk of infectious diseases, as well as monitoring sanitation and the pest control of on-site garbage. Search “plowing match” on our website to find out more about our role during this event.





## INVESTIGATING INFECTION CONTROL COMPLAINTS

Public Health routinely inspects [food establishments](#) and [personal services settings like nail salons and tattoo shops](#) to ensure they are following proper food safety and infection control practices. The public can check the inspection results online at [checkbeforeyouchoose.ca](http://checkbeforeyouchoose.ca).

# Check Before You Choose

Businesses operated by [regulated health professionals](#) including doctors, dentists, chiropractors and massage therapists are not routinely inspected by Public Health. Their respective professional colleges regulate and set the standards that are followed in these settings. However, anyone may [submit a complaint](#) to Public Health if they are concerned about infection control practices in a business operated by a regulated health professional. Public Health will investigate to ensure there is no risk to the public and, if necessary, work with the business to take corrective action. Inspection reports where an infection control lapse is found are posted at [wdgpublichealth.ca](http://wdgpublichealth.ca) or you can call 1-800-265-7293 ext. 4752 for more information.

## HEALTH RESOURCES FOR TEACHERS AND YOUTH GROUPS

[Public Health and local libraries have launched a new initiative](#) targeted at teachers and youth leaders. A collection of resource kits and DVDs that align with the Health and Physical Education curriculum for schools can be borrowed for classroom or group use. Visit one of the following libraries or search their online catalogues:

- Guelph Public Library ([www.guelphpl.ca](http://www.guelphpl.ca))
- Wellington County Library ([www.wellington.ca/library](http://www.wellington.ca/library))
- Orangeville Public Library ([www.orangeville.ca/orangeville-public-library](http://www.orangeville.ca/orangeville-public-library))
- Shelburne Public Library ([www.shelburnelibrary.ca](http://www.shelburnelibrary.ca))
- Terry James Resource Centre (UGDSB teachers) ([ugdsb.on.ca/terry-james/](http://ugdsb.on.ca/terry-james/))

Questions about these resources can be directed to 1-800-265-7293 ext. 4111, or email [schoolhealth@wdgpublichealth.ca](mailto:schoolhealth@wdgpublichealth.ca).





## BUILDING A HEALTHIER LOCAL FOOD SYSTEM



Public Health is one of the organizations involved in the [Headwaters Food and Farming Alliance \(HFFA\)](#) which has been working with community stakeholders to develop a [Headwaters Food Charter](#). A food charter is a vision for what a local food system could look like – it uses “food” as a tool for community action.

The HFFA is building its food system around the following six pillars:

- Agricultural sustainability
- Environmental responsibility
- Food access and equity
- Health and well-being
- Culture and celebration
- Economic vitality

In 2016, the community was asked to provide feedback on the values and goals of the food charter. A local action plan has been developed to increase awareness, build skills, support policies and bring partners together to achieve a common vision.



# Clinics & Classes

[wdgpublichealth.ca/clinics-classes](http://wdgpublichealth.ca/clinics-classes)

Public Health provides a variety of clinics and classes for residents of Wellington, Dufferin and Guelph. For detailed information about any of the services listed below, visit [wdgpublichealth.ca](http://wdgpublichealth.ca) and the “[Clinics & Classes](#)” section. If you have questions and would like to speak with a member of our staff, please call 1-800-265-7293.

## CLINICS

### [Breastfeeding Clinics](#)

Drop-in clinics for women with babies 12 weeks and under.

### [Dental Clinics](#)

Oral health services for children aged 0-17 whose families cannot afford dental care.

### [Sexual Health Appointments](#)

Birth control (for those 24 years of age and under), pregnancy tests, sexually transmitted infection testing and treatment, anonymous HIV tests.

### [Travel Appointments](#)

Travel vaccines and personalized travel advice.

### [Vaccination Appointments](#)

Routine vaccines for children and adults; non-routine vaccinations (e.g., Zostavax, Bexerso, Hepatitis A for high-risk clients).

## CLASSES

### [Come Understand Parenting](#)

Program for parents and parents-to-be under age 25.

### [Feelings After Birth](#)

Postpartum groups for mothers who need support after giving birth or adoption.

### [Pregnancy to Parenting](#)

Weekly program for pregnant women and teens facing challenges.

### [Prenatal Series](#)

Classes for pregnant women and their partners or support person.

### [Safe Food Handler Course](#)

Training and certification for food service workers and anyone who prepares food.

### [Wee Talk](#)

Speech and language program for preschoolers.

# Healthcare Providers / Schools / Childcare Providers

Wellington-Dufferin-Guelph Public Health collaborates with local healthcare providers, schools and childcare providers to support their work and ensure the health and safety of the community.

## HEALTHCARE PROVIDERS

Public Health communicates and collaborates regularly with healthcare providers in Wellington, Dufferin and Guelph. Visit [wdgpublichealth.ca](http://wdgpublichealth.ca) and click on the “[For Healthcare Providers](#)” menu link for information that supports the work of local physicians, nurses and nurse practitioners, long-term care staff, emergency service workers (police, fire, emergency medical services), dental professionals and midwives. The website also posts [physicians’ advisories](#) and provides quick access to [forms](#).

## SCHOOLS

Public Health supports schools to improve the health and well-being of students and staff. Visit [wdgpublichealth.ca](http://wdgpublichealth.ca) and click on the “[For Schools](#)” menu link for information about curriculum resources, the Healthy Schools initiative, immunizations for school attendance, oral health screening and more.

## CHILDCARE PROVIDERS

Public Health helps childcare providers provide safe, healthy environments for kids in their care. Our staff are available to work with any licensed childcare centre to meet the health and safety licensing requirements of the Ministry of Health and Long-Term Care. Visit [wdgpublichealth.ca](http://wdgpublichealth.ca) and click on the “[For Child Care Providers](#)” menu link for information about reporting and managing outbreaks, infection control, immunization requirements for children and more.

# Public Health Funding

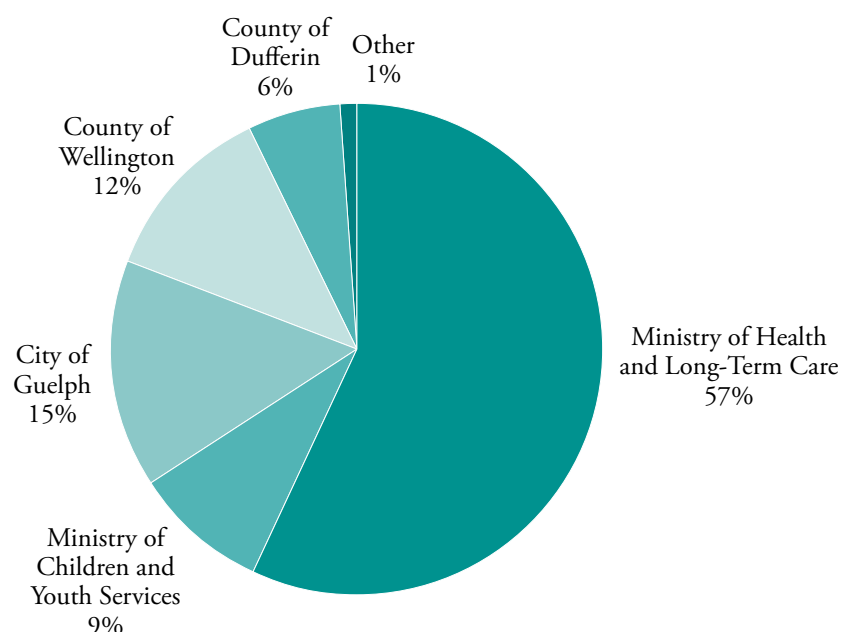
In 2016, the total operating budget for Wellington-Dufferin-Guelph Public Health was \$26,012,252. The Province of Ontario provided funding for 66% of the total operating budget; the County of Wellington contributed 12%; the County of Dufferin contributed 6%; and the City of Guelph contributed 15%.

## FUNDING PUBLIC HEALTH

Public Health receives funding from multiple sources:

- The Province of Ontario provides funding through the Ministry of Health and Long-Term Care and the Ministry of Children and Youth Services. In 2016, the Province of Ontario provided funding for 66% of the total operating budget.
- The municipalities of Wellington, Dufferin and Guelph provide funding based on the population of each municipality relative to the total population of the region. Population numbers are determined by the most recent Census. In 2016, the County of Wellington contributed 12% of the total operating budget; the County of Dufferin contributed 6%; and the City of Guelph contributed 15%.

As a publicly funded organization, Wellington-Dufferin-Guelph Public Health reports under the accounting standards of the Public Sector Accounting Board (PSAB). The financial statements are subject to an audit by the City of Guelph's external audit firm (KPMG LLP). The Municipal Act requires Public Health to use the same external auditor as the largest municipal funder. After the 2016 audit is complete, the full [audited financial statements](#) for the year can be found online.





**PublicHealth**  
WELLINGTON-DUFFERIN-GUELPH  
*Stay Well.*

1-800-265-7293

[wdgpublichealth.ca](http://wdgpublichealth.ca)





Fergus  
474 Wellington Road #18,  
Suite 100

Guelph  
• 160 Chancellors Way  
• 20 Shelldale Crescent

Mount Forest  
311 Foster Street

Orangeville  
180 Broadway

Shelburne  
167 Centre Street  
(Mel Lloyd Centre)

1-800-265-7293  
[wdgpublichealth.ca](http://wdgpublichealth.ca)

