



**BOARD OF HEALTH FOR THE  
NORTHWESTERN HEALTH UNIT**

MINUTES of the Regular Board of Health Meeting  
September 20, 2013  
Fort Frances NWHU office boardroom

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**PRESENT:** Julie Roy, Chair  
John Albanese, Carol Baron, Jim Belluz, Dennis Brown, Shayne MacKinnon, Paul Ryan,  
Sharon Smith, Doug Squires, Bill Thompson

**IN ATTENDANCE:**  
Dr. Jim Arthurs, Medical Officer of Health  
Mark Perrault, CEO  
Debby Cousineau, Manager, Speech, Hearing & Vision Program  
Dorian Lunny, Epidemiologist  
Dorothy Strain, Secretary to MOH/BOH (Recorder)

**1. CALL TO ORDER**

The Chair called the meeting to order at 8:30 a.m.

**1.1 Introduction of New Board of Health Member**

Board Chair Julie Roy introduced Sharon Smith, municipal appointee for the City of Kenora effective September 1, who was appointed following Dave Canfield's resignation from the Board.

**2. APPROVAL OF AGENDA**

|                                                                                        |                         |
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| <b>Motion / Resolution: 111-2013</b>                                                   |                         |
| THAT the Agenda for the Board of Health meeting dated September 20, 2013, be approved. | D. Brown<br>J. Albanese |

**3. DECLARATIONS OF PECUNIARY INTEREST & GENERAL NATURE THEREOF**

None was declared.

**4. IN CAMERA SESSION**

At 8:40 a.m. Board of Health members moved to an in camera session.

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| <b>Motion / Resolution: 112-2013</b>                                                                                                                                                                |                             |
| THAT the Board of Health moves to an in camera session to discuss:<br><i>4.1 Board of Health education/orientation sessions- Speech, Hearing, &amp; Vision Programs; Public Health Epidemiology</i> | S. MacKinnon<br>B. Thompson |

At 10:30 a.m. Board of Health members moved out of the in camera session to resume regular business.

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| <b>Motion / Resolution: 113-2013</b>                                                    |                             |
| THAT the Board of Health moves out of the in camera session to resume regular business. | S. MacKinnon<br>B. Thompson |

Board of Health members recessed at 10:30 a.m.  
 Deb Cousineau and Dorian Lunny left the meeting at 10:50 a.m.  
 The Chair called the meeting to order at 10:50 a.m.

**5. MINUTES OF BOARD OF HEALTH MEETING, July 26, 2013**

|                                                                                             |                           |
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| <b>Motion / Resolution: 114-2013</b>                                                        |                           |
| THAT the Minutes of the Board of Health meeting held July 26, 2013, be approved as written. | S. MacKinnon<br>J. Belluz |

**6. PUBLIC HEALTH PROGRAMS**

**6.1 Medical Officer of Health Report – Dr. Jim Arthurs, Medical Officer of Health**  
*Reference #2013-09-20-6.1*

**Purpose**

To provide an update on reflections from August/September, and ongoing issues within the Northwestern Health Unit, and current activities.

**Background**

NBC Newscast, August 16, 2013  
American Journal of Public Health  
Salt Sugar Fat: How the Food Giants Hooked Us by Michael Moss  
 Bill 59: Healthy Decisions for Healthy Eating Act, 2013  
In the Realm of Hungry Ghosts: Close Encounters with Addiction by Gabor Maté, MD

**Link to the Strategic Plan**

Implementing our goals in all four domains of our strategy map.

**Discussion**

August was a slow month, as many staff had vacation time and attempted to enjoy a summer that was hesitant to show its face. August ended as world leaders struggled with the saga of man’s inhumanity to man in Syria—perhaps a conflict of harm and harm reduction.

My personal readings during August have focused on world news, issues of the increasing burden of chronic disease, obesity, healthy eating and physical activity. We are all aware of the poor health status of residents within the Northwestern Health Unit catchment, where we lag behind most other health units across the province. We have more smoking, alcohol and substance abuse, obesity and unemployment along with less education, income, affordable housing, affordable and accessible healthy foods. Community Health Centres across Canada are sponsoring a week of awareness of these social determinants of health in a Community Health and Wellbeing Week, September 30 – October 6. They are asking the

same question as we are, "How are we really doing"? This calls for a shift in the conversation about health, and health care voices their concerns that the social determinants of health have a much bigger impact on health and well-being than what medical care alone can provide.

A recent article in the American Journal of Public Health reviewed the heavy burden of obesity, noting that it may be even deadlier than previously thought. 18% of Americans aged 40-85 years, or 1 in 5 will die annually of obesity either directly, or related to heart disease, hypertension, stroke, and diabetes. Collectively, the world is 17 million tons overweight.

This burden will challenge even the most efficient of health care systems competing for funding. Fortunately, we received notice from the Ministry of Health and Long-Term Care ('the Ministry') that we will receive a 2% increase in our 2013 grant funding. Proper utilization of funding and other resources are equally large challenges, especially with consideration that the total budget expense for public health across the province remains a single digit % of the entire provincial health budget.

We are in the process of developing and refining our strategy for improving healthy eating and physical activity in our region over the next four years, as identified in our 2013-16 strategic plan. We need to repeat the message over and over for our clients and ourselves in the effort to educate and change behaviors. We heard the message from Michael Moss, author of Salt Sugar Fat: How the Food Giants Hooked Us about how the food industry has lured us all to their unhealthy products. He suggested that our desire for these three substances can be likened to habit-forming conditions. After writing this, I found our home television tuned to the Dr. Oz program with guest Michael Moss.

The message is clear; the knowledge is well-known; and only passionate repetition will overcome the habit. An agenda item for our September Board of Health meeting is a Resolution for the Board of Health's consideration to approve: Bill 59: Healthy Decisions for Healthy Eating Act 2013. It is an effort to enhance restaurant menu nutrition labelling.

I am currently reading In the Realm of Hungry Ghosts: Close Encounters with Addiction by Gabor Maté, MD. This physician staffs clinic(s) in Downtown Eastside Vancouver, BC, where he deals with a large population of victims of addictive opioid, cocaine, alcohol and other substances. He believes there is only one addiction process, whether it is manifested in lethal substance dependencies, the frantic soothing of overeaters, shopaholics, workaholics, gamblers and compulsive Internet users. Even exercise can become addicting. Dr. Maté has given speaking engagements widely, including a recent one in Sioux Lookout that was very well-attended and received.

Perhaps most of you saw news of a food poisoning outbreak at the Canadian National Exhibition in Toronto, August 16-September 2. With the potential of two million visitors, this was an immediate concern. The Ministry conducted several teleconferences to share details with all Ontario health units. Thanks to the rapid response of Toronto Public Health the outbreak was limited in scope as a single source was identified, and that eating establishment closed voluntarily. Northwestern Health Unit had up to four attendees for each Ministry teleconference, including the Medical Officer of Health, Managers of Infectious Diseases and the Environment, a Public Health Inspector, and our Epidemiologist.

This event will later be reviewed as an emergency preparedness exercise. During the first week of the investigation, the number of cases rose daily – though not due to new cases, but as identification of original cases being investigated and linked. This, too, is an example of how numbers or counts over short periods of time are useful, while over longer periods of time ratios and rates are more useful.

I will be attending an Immunization Education Conference in Fort Frances on September 18, hosted by the Northwestern Health Unit. Dr. Shelly Deeks from Public Health Ontario will open with the keynote address and many of our staff will participate in the agenda.

I am pleased to share with you the continued progress of our Healthy Smiles Ontario (HSO) program providing preventive and treatment dentistry through screening at schools; dental hygiene in schools, offices and our Mobile Dental Office along with dental facilities in Ignace and Pickle Lake. Recent discussions with Ministry HSO leadership have been positive, with their continued approval of our Northern Pilot project offering dental care on First Nations Reserves; and balancing expenses with the ability to bill back to Health Canada for First Nation non-insured benefits.

### **Budgetary Impact**

Annual program budgets.

### **Recommendation**

That the Board of Health accepts the Report of the Medical Officer of Health.

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### Additional Verbal Report

Immunization Conference, September 18, 2013 – Dr. Arthurs reported on the Health Unit's successful Conference held in Fort Frances for approximately 80 representatives from the region's health care community and partner agencies. Staff of the Infectious Disease program teams also attended, and some provided presentations. Keynote speaker was Dr. Shelly Deeks, Medical Director, Immunization and Vaccine Preventable Diseases, Public Health Ontario. Dr. Arthurs commended Donna Stanley, Manager, Infectious Diseases, and program staff for their preparation and organizing efforts that resulted in an excellent Conference.

Influenza Vaccine – The Ministry of Health and Long-Term Care has notified the Health Unit that shipments of influenza vaccine will arrive late September. Immunization clinics are being planned to commence mid-October. Notification of clinic dates and locations will be posted to the Northwestern Health Unit web site and at the Health Unit's flu hotline: 1-866-468-2240.

Food Poisoning Follow-Up – Symptoms of food poisoning among attendees surfaced on day two of Toronto's Canadian National Exhibition (August 16-September 2). Toronto Public Health staff quickly identified the source of contaminated food to be a single condiment at a single vendor. The Ministry of Health and Long-Term Care ('the Ministry') immediately initiated teleconferences with Ontario health units to provide information and track reported cases. Toronto Public Health was commended for their quick action to identify the source and minimize exposure to the public of the tainted food. Toronto Public Health's action and

the Ministry’s communication processes provided a learning experience for addressing incidences of food poisoning at public events in our region.

First Nations Dental Pilot – The Ministry has expressed satisfaction with the Northern Dental Pilot and the numbers of clients seen on the First Nation communities that the Mobile Dental Van and staff have visited.

Questions, Discussion

Medical Officer of Health Vacation – Dr. Arthurs provided notification of his upcoming vacation leave of absence from September 25-October 16 inclusive. Medical officer of health coverage will be provided by Dr. David Williams, Medical Officer of Health, Thunder Bay District Health Unit.

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| <b>Motion / Resolution: 115-2013</b>                                       |                           |
| THAT the Report of the Medical Officer of Health be accepted as presented. | S. MacKinnon<br>J. Belluz |

**6.2 Environmental Health & Smoke-Free Ontario Programs Report**

*Reference #2013-09-20-6.2 The report will be retained on file.*

Questions, Discussion

Members of the Health Unit’s Northwest Regional Youth Coalition were commended for their deputation made to a recent Dryden Council meeting, advocating for a municipal by-law banning smoking in all public places (e.g., parks, beaches).

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| <b>Motion / Resolution: 116-2013</b>                      |                     |
| THAT the Environmental Health Program Report be received. | C. Baron<br>P. Ryan |

**6.3 Infectious Diseases Program Report**

*Reference #2013-09-20-6.3 The report will be retained on file.*

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| <b>Motion / Resolution: 117-2013</b>                     |                       |
| THAT the Infectious Diseases Program Report be received. | P. Ryan<br>D. Squires |

**6.1.1 Report: Bill 59, Menu Labelling**

*Reference #2013-09-20-6.1.1 The report will be retained on file.*

Dr. Arthurs noted that while the application of Bill 59: Healthy Decisions for Healthy Eating Act, 2013 is not universal [for all Ontario food facilities], it is a “step in the right direction.”

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| <p><b>Resolution: 118-2013</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                             |
| <p><b>Whereas</b>, In the Kenora, Rainy River Districts 65.5% of the population 12 years and older are overweight or obese and 21.6% of the population 12 years and older have high blood pressure<sup>1</sup>; and</p> <p><b>Whereas</b>, Canadians are eating out more than ever before, and people of all ages and income levels are eating out<sup>2</sup>; and</p> <p><b>Whereas</b>, eating away from home is associated with excessive intakes of calories, sodium and fat among children and adults<sup>2</sup>; and</p> <p><b>Whereas</b>, consumers are unable to estimate nutrient levels in restaurant meal<sup>2</sup>; and</p> <p><b>Whereas</b>, nutrition information is an important factor in making healthy and informed food decisions<sup>2</sup>; and,</p> <p><b>Whereas</b>, restaurants are currently exempt from existing nutrition labelling legislation in Canada<sup>2</sup>; and</p> <p><b>Whereas</b>, food environments can undermine people’s best efforts to eat well and live healthy<sup>2</sup>; and</p> <p><b>Whereas</b>, the Ontario Public Health Standards note the importance of creating health food environments by identifying “collaborating with local food premises to provide information and support environmental changes through policy development related to healthy eating” as a requirement of the Chronic Disease and Injuries Program Standard<sup>3</sup>; and</p> <p><b>Whereas</b>, the Ontario Healthy Kids Panel report, <u>No Time To Wait: The Healthy Kids Strategy</u> recommends “requiring all restaurants, including fast food outlets and retail grocery stores, to list the calories in each item on their menus and make this information visible on menu boards” as part of the strategy to change the food environment in Ontario<sup>4</sup>;</p> <p><b>Now therefore be it resolved that</b> the Board of Health for the Northwestern Health Unit endorses the position statement of the Ontario Society of Nutrition Professionals in Public Health, <u>Serving up Nutrition Information in Ontario Restaurants: A Position Paper</u>, which “calls upon the provincial government to enact menu labelling legislation requiring the prominent display of calorie and sodium content of food items at the point of sale in restaurants in Ontario as an important step toward creating healthy and supportive food environments for Ontarians”<sup>2</sup>; and</p> <p><b>Furthermore be it resolved</b>, that the Board of Health for the Northwestern Health Unit supports the passage and implementation of Bill 59: Healthy Decisions for Healthy Eating Act, 2013; and</p> <p><b>Furthermore be it resolved</b>, that the Board of Health sends a letter to the Minister of Health and Long-Term Care supporting the passage and implementation Bill 59 and encouraging her to take appropriate steps to have this Bill passed into Legislation; and</p> | <p>P. Ryan<br/>S. Smith</p> |

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| <p><b>Furthermore be it resolved</b>, that copies of the letter to the Minister of Health and Long-Term Care be forwarded to the Premier of Ontario, local Members of Provincial Parliament (MPP), the Chief Medical Officer of Health, Association of Local Public Health Agencies, all Ontario Boards of Health, Ontario Society of Nutrition Professionals in Public Health, and Northwestern Health Unit obligated municipalities for their information and support.</p> <p><i>References:</i></p> <ol style="list-style-type: none"> <li>1. Canadian Community Health Survey (CCHS) [2009/10] Statistics Canada, available from <a href="http://www12.statcan.gc.ca/health-sante/82-228/index.cfm">http://www12.statcan.gc.ca/health-sante/82-228/index.cfm</a></li> <li>2. Ontario Society of Nutrition Professionals in Public Health Menu Labelling Workgroup. 2013. <i>Serving up Nutrition Information in Ontario Restaurants: A position paper</i>. Prepared by Catherine L. Mah. <a href="http://www.osnp-ph.on.ca/resources/Menu-Labelling-Position-Paper-FINAL.pdf">http://www.osnp-ph.on.ca/resources/Menu-Labelling-Position-Paper-FINAL.pdf</a></li> <li>3. Ontario. 2008. <i>Ontario Public Health Standards</i></li> <li>4. Healthy Kids Panel. 2013. <i>No Time To Wait: The Healthy Kids Strategy</i>. Toronto: Healthy Kids Panel.</li> </ol> |  |
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**7. CORPORATE ADMINISTRATION**

**7.1 Chief Executive Officer Report -Mark Perrault, CEO**

A verbal report was provided to the meeting.

Unorganized Territory Funding Grant Provincial Working Group: Mark Perrault participated in a teleconference on September 11, 2013. The proposed funding model was considered. Timeline for implementing the new funding model is anticipated to be several years.

Annual Budgets: The Ministry has notified health units that the due date for 2014 budget submissions is March 1, 2014. Management will submit a budget to the Board’s January 2014 meeting. A preliminary budget will be prepared for the Board of Health meeting on November 29, 2013. The Ministry has instructed health units to expect similar funding increases for 2014 as were provided for 2013, or less.

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| <b>Motion / Resolution: 119-2013</b>                                     |                     |
| THAT the Report of the Chief Executive Officer be accepted as presented. | P. Ryan<br>C. Baron |

Board of Health members recessed at 12:00 noon.  
The Chair called the meeting to order at 12:25 p.m.

**7.2 Finance Report – provided by Mark Perrault, CEO**  
*Reference #2013-09-20-7.2 The report will be retained on file.*

The report, 2013 In-Year Budget Changes, was reviewed. It incorporates the Ministry’s two per cent funding increase over 2012 funding for mandatory programs. An unexpected increase to funding for the provincial 9,000 Nurses Initiative was noted. The Health Unit’s requests for one-time funding grants were approved, with the exception of one request.

The report, Cost Shared Mandatory & Unorganized to July 31, 2013, was reviewed. Significant variances were identified. A small surplus situation at year-end is projected, based upon expenditures recorded to date and anticipated costs for the remainder of the budget year.

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| <b>Motion / Resolution: 120-2013</b>              |                        |
| THAT the Finance Report be accepted as presented. | D. Squires<br>S. Smith |

**8. REPORT OF EXECUTIVE COMMITTEE**

Committee Chair Doug Squires provided a verbal report of the Committee’s meeting held September 6, 2013.

MOH Position Recruitment –Mark Perrault, CEO, reported to the Committee meeting on initial recruitment activity.

*Update:* Mark Perrault provided an update to the current meeting regarding inquiries that have been received.

**8.1 Board of Health Annual Public Meeting, Fall 2013**

Shannon Robinson, Planning Officer, provided a presentation to the Committee meeting describing planning and initial preparations that are underway for the Board’s annual public meeting that will highlight the public launch of the Health Unit’s new website.

Management’s request to reschedule the event to November 21 was conveyed. The extended timeline will allow staff to finalize content for the new website and ensure there are no problems navigating the site.

Board of Health members agreed to reschedule the event to November 21. Final arrangements, including Board members’ participation in the event, will be reviewed at the Board’s October 25 meeting.

Report of Executive Committee Meeting, September 6 – *continued*

Part 8 (Sewage) Program- Committee Chair Doug Squires conveyed the Committee’s recommendation for a review of By-Law #2, Schedule A, fee schedule. Management will follow up.

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| <b>Motion / Resolution: 121-2013</b>                                 |                         |
| THAT the report of the Executive Committee be accepted as presented. | S. Smith<br>J. Albanese |

**9. BALANCED SCORECARD REPORT, SEPTEMBER 2013**

*Reference #2013-09-20-9 The report will be retained on file.*

The Report records progress towards meeting the objectives identified in the 2013-2016 strategic plan. Dr. Arthurs reported that the first year, 2013, involves establishing baselines in order to measure progress towards the goals set for many of the objectives.

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| <b>Motion / Resolution: 122-2013</b>                               |                       |
| THAT the Balanced Scorecard report for September 2013 be received. | D. Brown<br>J. Belluz |

**10. alPHa FALL SYMPOSIUM, NOVEMBER 14-15, 2013**

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| <b>Motion / Resolution: -2013</b>                                                                                                                                                                                                                                                               |                           |
| THAT the following Board of Health members be approved to attend the Association of Local Public Health Agencies (alPHa) Fall Symposium, November 14-15, 2013, in Toronto:<br>John Albanese, Paul Ryan, Doug Squires, Julie Roy<br><br>Expenses to be provided by the Northwestern Health Unit. | B. Thompson<br>D. Squires |

**11. NON AGENDA ITEMS**

There were no non agenda items.

**12. NEXT MEETING DATE**

**Regular Meeting**

Date: Friday, October 25, 2013                    Start time: 8:30 a.m.

Location: Fort Frances NWHU office boardroom

**13. ADJOURNMENT**

The Chair adjourned the meeting at 1:10 p.m.

**BOARD OF HEALTH FOR THE NORTHWESTERN HEALTH UNIT:**

**CONFIRMED AS WRITTEN**

THIS ..... DAY OF .....2013

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**CHAIR, BOARD OF HEALTH**

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**RECORDING SECRETARY**