Mission Statement
Toronto Public Health (TPH) reduces health inequalities and improves the health of the whole population.

Foundational Principles
The following foundational principles provide a framework within which the priority directions and actions for 2010-2014 are developed and implemented. These principles reflect underlying values that guide our shared aspirations as public health professionals working to achieve a healthy city for all.

Accountability
TPH is accountable to the Board of Health, Toronto City Council, the Government of Ontario, and to the people of Toronto for delivering services that meet community health needs, comply with Ontario Public Health Standards, and make wise use of human and financial resources.

Diversity
TPH embraces diversity in all its dimensions, recognizing the changing face of our global and local population as a health asset, and promoting respect for all in everything we do.

Community Engagement
TPH collaborates with community-based organizations, residents and partners in a diverse range of sectors to build community capacity, promote resilience and provide responsive services.

Health Equity
TPH strives to reduce health inequalities that exist as a result of the unfair distribution of income, goods and services, and opportunity; TPH pursues health equity by working with others to identify and respond to the health needs of priority populations, and by advocating for policies that address the social determinants of health.

Excellence
TPH demonstrates a commitment to excellence by using evidence to support the design and delivery of programs, by ensuring continuous improvement in organizational performance, and by providing ongoing learning opportunities to realize the full potential of staff.
A HEALTHY CITY FOR ALL

A U.S. Surgeon General report on July 29, 2014 features TPH’s Shade Policy as a success story in global skin cancer prevention. The Shade Policy is the first of its kind in Canada.

TPH recommends provincial action to tighten controls on e-cigarettes including prohibiting the sale of e-cigarettes to minors (under 19 years of age) and e-cigarette use in all non-smoking areas.

TPH develops a comprehensive Concussion Policy to prevent and effectively monitor for concussions in children involved in recreation activities and organized sports.

TPH partners with University of Toronto’s Dalla Lana School of Public Health and the University Health Network to launch an enhanced Masters of Public Health program in Nutrition and Dietetics.

A report from TPH urges action on suicide prevention, and provides recommendations for local suicide prevention strategies.

TPH launches an enhanced communications newsletter for physicians, designed to provide important public health information and updates to physicians twice a month.

2014 YEAR IN REVIEW

January 2014
Toronto Public Health (TPH) staff from all TPH programs including support assistants, public health inspectors, nutritionists, consultants, dietitians and public health nurses respond to the call for help during the 2013-14 ice storm and supported residents in need.

A TPH symposium Prenatal Nutrition for Pregnant Women in Shelters held in partnership with Toronto Shelter Support and Housing Administration, tackles the nutritional needs and challenges faced by homeless pregnant women in Toronto.

February 2014

TPH in partnership with the Toronto Newcomer Office, hosts a 250-attendee conference entitled, New Country/New Life: Promising Strategies to Promote Newcomer Mental Health to explore ways to improve the settlement experience and newcomers’ mental health.

A TPH study Path to Healthier Air: Toronto Air Pollution Burden of Illness Update shows a decrease of 23% in premature deaths and a decrease of 41% in hospitalizations related to air pollution over the past decade.

March 2014

TPH raises public awareness of perinatal and postpartum mood disorders during a broad-based social media, marketing communications campaign, complete with community resources and videos, for Mental Health Week.

TPH takes action to track and fight West Nile virus (WNV) placing 43 traps around the city as well as larvicide in 120,000 catch basins to reduce the mosquito population.

April 2014

TPH develops a comprehensive Concussion Policy to prevent and effectively monitor for concussions in children involved in recreation activities and organized sports.

TPH partners with University of Toronto’s Dalla Lana School of Public Health and the University Health Network to launch an enhanced Masters of Public Health program in Nutrition and Dietetics.

May 2014

TPH in partnership with the Toronto Newcomer Office, hosts a 250-attendee conference entitled, New Country/New Life: Promising Strategies to Promote Newcomer Mental Health to explore ways to improve the settlement experience and newcomers’ mental health.

A TPH study Path to Healthier Air: Toronto Air Pollution Burden of Illness Update shows a decrease of 23% in premature deaths and a decrease of 41% in hospitalizations related to air pollution over the past decade.

June 2014

TPH raises public awareness of perinatal and postpartum mood disorders during a broad-based social media, marketing communications campaign, complete with community resources and videos, for Mental Health Week.

TPH takes action to track and fight West Nile virus (WNV) placing 43 traps around the city as well as larvicide in 120,000 catch basins to reduce the mosquito population.

July 2014

A U.S. Surgeon General report on July 29, 2014 features TPH’s Shade Policy as a success story in global skin cancer prevention. The Shade Policy is the first of its kind in Canada.

TPH recommends provincial action to tighten controls on e-cigarettes including prohibiting the sale of e-cigarettes to minors (under 19 years of age) and e-cigarette use in all non-smoking areas.

August 2014

A U.S. Surgeon General report on July 29, 2014 features TPH’s Shade Policy as a success story in global skin cancer prevention. The Shade Policy is the first of its kind in Canada.

TPH recommends provincial action to tighten controls on e-cigarettes including prohibiting the sale of e-cigarettes to minors (under 19 years of age) and e-cigarette use in all non-smoking areas.

September 2014

TPH develops a comprehensive Concussion Policy to prevent and effectively monitor for concussions in children involved in recreation activities and organized sports.

TPH partners with University of Toronto’s Dalla Lana School of Public Health and the University Health Network to launch an enhanced Masters of Public Health program in Nutrition and Dietetics.

October 2014

A report from TPH urges action on suicide prevention, and provides recommendations for local suicide prevention strategies.

November 2014

TPH raises public awareness of perinatal and postpartum mood disorders during a broad-based social media, marketing communications campaign, complete with community resources and videos, for Mental Health Week.

TPH takes action to track and fight West Nile virus (WNV) placing 43 traps around the city as well as larvicide in 120,000 catch basins to reduce the mosquito population.

December 2014

A report from TPH urges action on suicide prevention, and provides recommendations for local suicide prevention strategies.

TPH launches an enhanced communications newsletter for physicians, designed to provide important public health information and updates to physicians twice a month.
Message from Councillor Joe Mihevc  
Chair, City of Toronto Board of Health

I am pleased to present Toronto Public Health’s 2014 Annual Report. The report highlights the important commitment and efforts to creating a healthy city for all – especially for the City’s most vulnerable populations.

It also celebrates a host of accomplishments in the area of healthy public policy – designed to address the burden of illness and chronic disease in this great City. In fact, the valuable work led by Toronto Public Health resulted in the Government of Ontario taking province-wide action in 2014 on the risks of indoor tanning, enhanced smoking restrictions on patios, sports fields and playgrounds; proposed legislation on e-cigarettes and flavoured tobacco products, and menu labelling to help the public make healthy and informed choices.

In addition, 2014 resulted in the development and release of Toronto Public Health’s 2015-2019 strategic plan – an important accomplishment that will guide our work, efforts and focus over the next five years.

As Chair of the Board of Health, I am honoured to be a part of making Toronto a healthy city for all. Congratulations to all the staff at Toronto Public Health and to my fellow Board of Health colleagues for making a difference in the lives of every Torontonian and for making 2014 a much celebrated and successful year!

Message from Dr. David McKeown  
Medical Officer of Health

I am pleased to present Toronto Public Health’s third annual report. In 2014, Toronto Public Health staff worked hard to keep you safe – from our part in the City’s response to the Ice Storm at the start of the year, to providing immunization for children, preparing for the possibility of Ebola virus arriving in Toronto and responding to many community infectious disease outbreaks.

The past year has seen significant progress in healthy public policy and programs - including new restrictions on smoking and the use of e-cigarettes; protecting youth from skin cancer risk due to artificial tanning equipment, promoting physical activity through the Rediscover the Stairs campaign and promoting transportation and urban design for better pedestrian and cycling safety, physical activity, and cleaner air.

Much of our work has focused on the City’s most vulnerable, and we will continue to address health inequities through our new five-year strategic plan, completed in November 2014 with input from many community partners.

I’d like to thank the Board of Health for their leadership, and all of the staff of Toronto Public Health for their commitment and hard work on behalf of the health of people in Toronto.

Toronto Public Health is committed to creating a healthier city for all. I invite you to read more about our activities and accomplishments in 2014 in the following pages.
HELPING THOSE WHO NEED IT MOST
Caring for vulnerable populations, reducing health inequities

Toronto Public Health (TPH) provides critical health services to some of our most vulnerable and marginalized populations.

TPH’s focus on reducing health inequities across our community means our teams are committed to breaking through the barriers that many residents face. That work takes us out into the community to provide a helping hand to those who need it most.

TPH provides programs that work to prevent substance abuse, reduce injuries and chronic disease, promote mental health and help connect vulnerable adults with community support services. Our goal is to increase the quality of life for marginalized citizens and communities across Toronto.

Trail-blazing Harm Reduction Program Celebrates its 25th year

The Works needle exchange program celebrated its 25th anniversary as a program on August 9, 2014.

During its 25 years, The Works has expanded services to include the distribution of safer crack supplies, a methadone program, naloxone kits for overdose prevention, point-of-care testing, and peer programs — in addition to the needle exchange. The anniversary event celebrated the important contribution The Works makes to the Toronto community.

Today, The Works records almost 1,000 visits each month to its downtown site and over 5,000 monthly visits to its partner agencies each month.

The rate of HIV infection among Toronto residents who inject drugs is approximately 6% lower than many other North American cities of similar size.

In 2014, TPH helped:

More than 112 homeless or transient pregnant women connect with housing and support services, provided prenatal vitamins, transit tokens for medical appointments and counselling support; provided 1,062 visits to support these clients.

Protect homeless Torontonians with 32 vaccination clinics in homeless shelters and administered 859 doses of flu vaccine.

Support more than 850 vulnerable adults and seniors with in-home visits, supportive counselling sessions and assistance navigating community support services.

Treat more than 1,650 uninsured patients with complex health issues, prenatal care, maternal and infant complications through health services in collaboration with The Canadian Centre for Refugee and Immigrant Health Care (CCRIHC).

“One of the things that makes us the most proud is when the team gets a call from one of our former clients who says: ‘I have a friend who’s pregnant and I want to introduce her to you.’ It means that we have helped somebody enough that they share the resource with somebody else.”

~Alice Gorman, public health nurse, manager of the Homeless At Risk Prenatal Program (HARP)
TPH Launches ‘Rediscover the Stairs’ to Promote Physical Activity

Toronto Public Health (TPH) launched Rediscover the Stairs on September 15, 2014, a campaign designed to get Torontonians active and engaged in regular physical activity.

The official kick off saw Medical Officer of Health Dr. David McKeown and Andy Byford, CEO of the TTC jointly launch the innovative program to encourage Torontonians and particularly commuters to add more physical activity into their daily routines.

The TPH team of public health nurses, registered practical nurses, dietitians, dentists, dental hygienists, dental assistants, and community oral health outreach workers are available to our diverse community to help residents achieve better health.

Helping School-Aged Children Stay Healthy

Many diseases, chronic conditions and injuries can be prevented by helping individuals make more informed, healthier choices.

From free immunizations to sexual health counselling, and nutrition education, to diabetes and workplace injury prevention, TPH takes an active role in the Toronto community, helping to make individuals, families, schools and workplaces healthier.

The TPH team of public health nurses, registered practical nurses, dietitians, dentists, dental hygienists, dental assistants, and community oral health outreach workers are available to our diverse community to help residents achieve better health.

TPH 2014 Highlights

Implemented Panorama, a provincial electronic immunization database to ensure school-aged children are up to date with their vaccinations. Parents can update their child’s immunization records directly online at toronto.ca/immunization.

Conducted a school-based survey of 6,053 Grade 7 to 12 students at 168 schools to help better understand the health and health behaviours of Toronto youth, with findings available in Spring 2015.

Held annual flu shot clinics across Toronto and provided 6,866 doses of flu vaccine at the 13 community clinics to Toronto residents.

Successfully piloted nutritional labelling program to several small, independent restaurants in Toronto to test the feasibility of posting calorie and sodium information on their menus.

Partnered with the Centre for Addiction and Mental Health to provide research-based, cost-free quit smoking workshops at various community locations in Toronto. In 2014, 197 clients received workshop counselling, and 109 clients attended and received Nicotine Replacement Therapy (NRT).

Supporting Healthy Schools

In-school health services, referrals, nutrition programs, school-aged learning resources, teacher training, identification and referral for urgent dental care.

Improving Mental Health

Mental health support for students, teachers, individuals, new moms and families, training and counselling resources, partnerships and referrals with mental health providers across Toronto.

Promoting Safer Sex

Sexual health clinics, free condoms, birth control access and education, LGBT-positive counselling and advocacy.

Preventing Chronic Disease and Injuries

Access to public health nurses and dietitians, tools promoting physical activity at every age, telephone information and counselling for individuals, families and workplaces, an e-newsletter for parents that focuses on injury prevention, dental professionals who provide ongoing education on cavity prevention.

Living Tobacco-Free

Free smoking cessation workshops, smoking cessation resources and telephone counselling.

Getting Vaccinated

In-school, community, homeless shelter vaccination clinics to ensure everyone has access to vaccinations.

“The most rewarding aspect of TPH is the dynamic nature of the work. Our work in schools and in the community is so important to clarify nutrition messages, not to mention debunk the many nutrition myths out there.”

~ Didem Varol, public health dietitian, TPH
Supporting Families

TPH raised community awareness about perinatal and postpartum mood disorders to mark Mental Health Week in May 2014, providing a wide range of caregiver and individual resources as well as informative videos to help support families.

More than 1,600 parents-to-be registered for the Welcome to Parenting online prenatal program. The online resource features 29 interactive classes that include video, audio, games and quizzes designed to help expectant parents become more knowledgeable and confident about their pregnancy and early days with baby.

A Health Equity Review and Plan of TPH’s four group parenting education programs will help to ensure that all parents have access to programs in the community.

Parents and caregivers who are concerned about their children’s speech and language development can now access a speech and language clinician over the phone and/or register for speech and language services online day or night.

Families can book community follow up TPH infant hearing screening appointments at the hospital bedside using a new online booking tool.

Building strong families and giving children the best possible start in life creates the foundation for healthy communities. Toronto Public Health (TPH) promotes optimal reproductive health, and provides programs to support and enhance the health of babies, children and families.

TPH Promotes Breastfeeding Anytime, Anywhere

From Oct. 1 to Oct. 7, life-size cut-out photographs of breastfeeding moms appeared in high-traffic areas around Toronto. The objective: to let moms know that it’s OK to breastfeed in public and feel supported by their community.

The week-long campaign saw 30 breastfeeding cut-outs placed in 20 high-traffic areas all around Toronto.

“It spontaneously turned into a breastfeeding clinic right there all around the cut-out. People walking by thought the cut-out was just another mom in this group of breastfeeding moms. It was great.”

~ Joanna Hall, public health nurse, TPH

In less than five days, the Breastfeeding in Public video became Toronto Public Health’s most-watched video on YouTube.

Over 90% of mothers choose to breastfeed their babies

Continued efforts to support mothers to exclusively breastfeed are important as the rate declines to 17.5% at six months

“Toronto Public Health helped me go from being a parent who worried and second-guessed all of my parenting decisions, to enjoying my first moments of parenthood with confidence.”

~ Karen W, new mom

30,528 infants born to Toronto women in 2011

Family Health Services 2014 At A Glance

- Provided more than 45,787 home visits to families
- Mailed out New Family resource packages to 20,000 new postpartum families
- Provided 4,712 visits to pregnant women
- Responded to more than 11,691 breastfeeding referrals
- Provided 8,000 services to parents at breastfeeding clinics and $50 supportive group services to breastfeeding clients
- Provided breastfeeding telephone counselling to over 10,095 mothers
- Provided more than 1,584 prenatal group health and nutrition education sessions to over 2,200 women
- Received more than 8,195 calls related to Healthy Families services
- Provided 36,460 infant hearing screenings
- Provided more than 7,775 children with speech and language development services
- Provided group parenting and nutrition education programs to 5,674 participants’ families

Annual Report

Anual Report
Toronto Public Health (TPH) develops and maintains emergency plans, provides staff training and participates in networks, partnerships and public education related to emergency management.

TPH works with community, municipal and provincial partners to ensure an effective, co-ordinated response to emergencies in Toronto.

TPH Develops Ebola Preparedness Action Plan

While the risk of Ebola in Canada remained low, and border screening and referral process in 2014 were effective, TPH developed an Ebola action plan and associated procedures.

The action plan includes:

- Developing a centralized Ebola-specific procedure for case and contact management
- Liaising with schools, shelters, and community groups to provide information, respond to questions and share relevant updates
- Working with impacted communities, meeting with West African community leaders
- Co-ordinating response activities with health-care partners including the Local Health Integration Networks (LHINs), hospitals and the Ministry of Health and Long-Term Care (MOHLTC)
- Using the TPH Incident Management System (IMS) to co-ordinate a comprehensive response at TPH

TPH Responds to Toronto Ice Storm

More than 300,000 households were impacted by power outages caused by the ice storm in 2013 and early 2014. Staff from across TPH including support assistants, public health inspectors, nutritionists, consultants, dietitians and public health nurses responded to the call for help and supported residents in need.

Preparing for the Impacts of Climate Change

Climate change presents a wide range of challenges for Toronto and its residents. Extreme weather, foodborne contamination, vector-borne disease, poor air quality and increased health inequalities are some of the expected public health concerns resulting from climate change.

TPH plans for emergency situations brought on by extreme weather. To help prepare for and help to mitigate the impacts of extreme weather on Toronto residents, TPH:

- Works closely with the City of Toronto’s Office of Emergency Management to ensure responses to heat/cold are effectively scaled up in the event of extreme temperatures and/or lengthy heat or cold alerts
- Collaborates with City of Toronto partners to ensure the needs of populations most vulnerable to the impacts of extreme weather are met
- Conducts ongoing health equity impact analyses of existing plans to identify mitigation strategies and action plans for different sub-populations including the elderly, and those with existing health conditions
- Connects with health sector partners including Toronto Local Health Integration Networks (LHINs) to improve outreach to vulnerable populations during an emergency

Influenza & Pandemic Preparedness

TPH planning and preparedness activities for disease outbreaks, influenza and pandemic preparedness are ongoing, with the goals of minimizing illness, death and societal disruption. TPH is the lead health agency for influenza and pandemic planning, preparedness, response and recovery in the City of Toronto.

TPH helps to prepare for and address the threat of disease outbreaks and pandemics by:

- Protecting the Toronto population by organizing and promoting annual influenza immunization clinics
- Developing a scalable immunization clinic plan to respond to contingencies from small outbreaks to pandemics
- Ensuring TPH staff are prepared through ongoing training
- Working with City partners including Toronto Local Health Integration Networks (LHINs) and the Ministry of Health and Long-Term Care to co-ordinate responses
- Assessing children’s immunization status to ensure they are protected against vaccine preventable diseases

“\[I absolutely love my job because risks, threats and hazards are dynamic, can strike without warning and can be quite complex. This work keeps me challenged and driven to continuously review literature, learn from past events, and work to continuously enhance and improve our organizational readiness and resilience.\]”

~Mudasar Nawaz, co-ordinator, emergency planning

Preparing for the Impacts of Climate Change

Climate change presents a wide range of challenges for Toronto and its residents. Extreme weather, foodborne contamination, vector-borne disease, poor air quality and increased health inequalities are some of the expected public health concerns resulting from climate change.

TPH plans for emergency situations brought on by extreme weather. To help prepare for and help to mitigate the impacts of extreme weather on Toronto residents, TPH:

- Works closely with the City of Toronto’s Office of Emergency Management to ensure responses to heat/cold are effectively scaled up in the event of extreme temperatures and/or lengthy heat or cold alerts
- Collaborates with City of Toronto partners to ensure the needs of populations most vulnerable to the impacts of extreme weather are met
- Conducts ongoing health equity impact analyses of existing plans to identify mitigation strategies and action plans for different sub-populations including the elderly, and those with existing health conditions
- Connects with health sector partners including Toronto Local Health Integration Networks (LHINs) to improve outreach to vulnerable populations during an emergency

Influenza & Pandemic Preparedness

TPH planning and preparedness activities for disease outbreaks, influenza and pandemic preparedness are ongoing, with the goals of minimizing illness, death and societal disruption. TPH is the lead health agency for influenza and pandemic planning, preparedness, response and recovery in the City of Toronto.

TPH helps to prepare for and address the threat of disease outbreaks and pandemics by:

- Protecting the Toronto population by organizing and promoting annual influenza immunization clinics
- Developing a scalable immunization clinic plan to respond to contingencies from small outbreaks to pandemics
- Ensuring TPH staff are prepared through ongoing training
- Working with City partners including Toronto Local Health Integration Networks (LHINs) and the Ministry of Health and Long-Term Care to co-ordinate responses
- Assessing children’s immunization status to ensure they are protected against vaccine preventable diseases

“I absolutely love my job because risks, threats and hazards are dynamic, can strike without warning and can be quite complex. This work keeps me challenged and driven to continuously review literature, learn from past events, and work to continuously enhance and improve our organizational readiness and resilience.”

~Mudasar Nawaz, co-ordinator, emergency planning

Preparing for the Impacts of Climate Change

Climate change presents a wide range of challenges for Toronto and its residents. Extreme weather, foodborne contamination, vector-borne disease, poor air quality and increased health inequalities are some of the expected public health concerns resulting from climate change.

TPH plans for emergency situations brought on by extreme weather. To help prepare for and help to mitigate the impacts of extreme weather on Toronto residents, TPH:

- Works closely with the City of Toronto’s Office of Emergency Management to ensure responses to heat/cold are effectively scaled up in the event of extreme temperatures and/or lengthy heat or cold alerts
- Collaborates with City of Toronto partners to ensure the needs of populations most vulnerable to the impacts of extreme weather are met
- Conducts ongoing health equity impact analyses of existing plans to identify mitigation strategies and action plans for different sub-populations including the elderly, and those with existing health conditions
- Connects with health sector partners including Toronto Local Health Integration Networks (LHINs) to improve outreach to vulnerable populations during an emergency

Influenza & Pandemic Preparedness

TPH planning and preparedness activities for disease outbreaks, influenza and pandemic preparedness are ongoing, with the goals of minimizing illness, death and societal disruption. TPH is the lead health agency for influenza and pandemic planning, preparedness, response and recovery in the City of Toronto.

TPH helps to prepare for and address the threat of disease outbreaks and pandemics by:

- Protecting the Toronto population by organizing and promoting annual influenza immunization clinics
- Developing a scalable immunization clinic plan to respond to contingencies from small outbreaks to pandemics
- Ensuring TPH staff are prepared through ongoing training
- Working with City partners including Toronto Local Health Integration Networks (LHINs) and the Ministry of Health and Long-Term Care to co-ordinate responses
- Assessing children’s immunization status to ensure they are protected against vaccine preventable diseases

“I absolutely love my job because risks, threats and hazards are dynamic, can strike without warning and can be quite complex. This work keeps me challenged and driven to continuously review literature, learn from past events, and work to continuously enhance and improve our organizational readiness and resilience.”

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

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

SwimSafe

4,817 Swimming pool and beach inspections

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

Bed Bugs

1,368 Bed bug complaints and requests followed up and addressed

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

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

Rabies Prevention

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

2,480 possible animal-to-human exposures investigated and addressed in 2014

322 individuals treated with post-exposure prophylaxis (PEP)

Heat and Cold Weather Responses

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

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

Tobacco Control and Enforcement

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

In 2014, TPH conducted:

4,503 cigarette vendor inspections

2,528 display and promotion inspections

196 secondary school inspections

906 warnings and issued 530 tickets

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

Healthy Homes

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

Hazardous Conditions

2,180 Complaints about possible hazardous conditions in residences in 2014 investigated and addressed

BodySafe program inspects personal service facilities like hairstyling and barbering, tattooing, micropigmentation, ear and body piercing, electrolysis, manicures, pedicures or aesthetics services throughout the year against rigorous health and safety criteria.

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

TPH conducts annual inspections of personal service establishments and责令了2,480次关于可能的人类-动物接触暴露的调查。

3,935 personal service inspections were conducted in 2014.

Inspections conducted:

Hair and/or barbering services: 2,247

Tattoo: 92

Body piercing: 46

Ear Piercing: 161

Nails: 1,086

Aesthetics: 1,559

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

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

Tobacco Control and Enforcement

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

In 2014, TPH conducted:

4,503 cigarette vendor inspections

2,528 display and promotion inspections

196 secondary school inspections

906 warnings and issued 530 tickets

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

Healthy Environments, Healthy Communities

Monitoring and inspecting to protect public health
Annual Hastings Lecture Focused on Critical Issue of Aboriginal Health in Canada

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

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

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

TPH’s Stand on E-cigarettes Sees Positive Action

TPH produced influential policy recommendations on e-cigarettes that saw positive municipal and provincial action in 2014. An electronic cigarette or e-cigarette, is a battery-operated device that mimics the use and sometimes, appearance and taste of a conventional cigarette but does not contain tobacco. TPH reported on a range of concerns about the negative health impacts of these devices.

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

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

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

TPH 2014 Highlights

Ensuring Safe Alcohol Policy

TPH produced influential policy recommendations on e-cigarettes that saw positive municipal and provincial action in 2014. An electronic cigarette or e-cigarette, is a battery-operated device that mimics the use and sometimes, appearance and taste of a conventional cigarette but does not contain tobacco. TPH reported on a range of concerns about the negative health impacts of these devices.

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

Clearing the Air: Working to Reduce Air Pollution

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

Building Better Communities: Healthier Apartment Living

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

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

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

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

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

Calling For Action on Suicide Prevention

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

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

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

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

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

~ Stephanie Gower, health research specialist, TPH
S
ince 1883, TPH staff has worked tirelessly to protect health, and reduce health inequities for all those who live and work in Toronto.

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

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

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

Commitment to Health Service and Workplace Excellence

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

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

Sexual Health Promotion Champion

Honoured by Planned Parenthood Toronto

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

TPH Gets Big Thank You From National Youth Charity

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

TPH Dental Team Leadership Recognized

For Contribution to Toronto Healthcare Community

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

Reaching Out to Homeless Residents and Their Pets

It is often said that having a pet can improve your quality of life. TPH and Community Veterinary Outreach, a non-profit group that helps homeless pet owners, proved that right in 2014. TPH dentists, nurses and counsellors working with the Community Veterinary Outreach vets worked together to improve the lives of members of Toronto’s homeless and vulnerably-housed community, who also are doting pet owners.

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

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

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

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

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

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

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

**Top 10 TPH News Stories of 2014**

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

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

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

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

In 2014, TPH distributed:

- 4,464,000 male condoms
- 37,037 female condoms
- 811,940 pieces of lube

**Year-over-year growth**

- 47.8% year-over-year growth in Twitter followers in 2014
- 71.9% year-over-year growth in Facebook likes in 2014
Toronto Health Indicators – A Comparative Look

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

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

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

For more information on Toronto’s health status visit http://bit.ly/1Izh1Jc

---

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

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Toronto Value</th>
<th>Ontario Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Expectancy - Female</td>
<td>80.1</td>
<td>83.7 - 83.4</td>
</tr>
<tr>
<td>Life Expectancy - Male</td>
<td>75.4</td>
<td>82.5 - 82.6</td>
</tr>
<tr>
<td>Teen Pregnancy**</td>
<td>49.8</td>
<td>23.3 - 22.4</td>
</tr>
<tr>
<td>Low Birth Weight</td>
<td>6.4%</td>
<td>5.4% - 4.8%</td>
</tr>
<tr>
<td>Large for Gestational Age</td>
<td>14.8%</td>
<td>10.9% - 7.5%</td>
</tr>
<tr>
<td>Smokers - Adults</td>
<td>30%</td>
<td>21.2% - 17.1%</td>
</tr>
<tr>
<td>Exceed Low Risk Drinking Guidelines - Adults</td>
<td>45.3%</td>
<td>39.8% - 24.1%</td>
</tr>
<tr>
<td>Physically Active During Leisure - Adults</td>
<td>39.3%</td>
<td>47.1% - 32.6%</td>
</tr>
<tr>
<td>Overweight or Obese - Adults</td>
<td>64.9%</td>
<td>55.5% - 45.8%</td>
</tr>
<tr>
<td>Cervical Cancer Incidence***</td>
<td>77.2</td>
<td>40.9 - 80.8</td>
</tr>
<tr>
<td>Lung Cancer Incidence***</td>
<td>79.6</td>
<td>52.7 - 80.8</td>
</tr>
<tr>
<td>Breast Cancer Incidence**</td>
<td>122.9</td>
<td>99.8 - 99.9</td>
</tr>
<tr>
<td>Diabetes Prevalence - Adults</td>
<td>11.4%</td>
<td>10.4% - 9.6%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Toronto Value</th>
<th>Ontario Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Expectancy - Female</td>
<td>80.1</td>
<td>83.7 - 83.4</td>
</tr>
<tr>
<td>Life Expectancy - Male</td>
<td>75.4</td>
<td>82.5 - 82.6</td>
</tr>
<tr>
<td>Teen Pregnancy**</td>
<td>49.8</td>
<td>23.3 - 22.4</td>
</tr>
<tr>
<td>Low Birth Weight</td>
<td>6.4%</td>
<td>5.4% - 4.8%</td>
</tr>
<tr>
<td>Large for Gestational Age</td>
<td>14.8%</td>
<td>10.9% - 7.5%</td>
</tr>
<tr>
<td>Smokers - Adults</td>
<td>30%</td>
<td>21.2% - 17.1%</td>
</tr>
<tr>
<td>Exceed Low Risk Drinking Guidelines - Adults</td>
<td>45.3%</td>
<td>39.8% - 24.1%</td>
</tr>
<tr>
<td>Physically Active During Leisure - Adults</td>
<td>39.3%</td>
<td>47.1% - 32.6%</td>
</tr>
<tr>
<td>Overweight or Obese - Adults</td>
<td>64.9%</td>
<td>55.5% - 45.8%</td>
</tr>
<tr>
<td>Cervical Cancer Incidence***</td>
<td>77.2</td>
<td>40.9 - 80.8</td>
</tr>
<tr>
<td>Lung Cancer Incidence***</td>
<td>79.6</td>
<td>52.7 - 80.8</td>
</tr>
<tr>
<td>Breast Cancer Incidence**</td>
<td>122.9</td>
<td>99.8 - 99.9</td>
</tr>
<tr>
<td>Diabetes Prevalence - Adults</td>
<td>11.4%</td>
<td>10.4% - 9.6%</td>
</tr>
</tbody>
</table>

*Years of Age **The 1,000 females aged 15-19 years ***Per 100,000 people, age-standardized

---

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

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Toronto Value</th>
<th>Ontario Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza and Pneumonia</td>
<td>405</td>
<td>460 - 425</td>
</tr>
<tr>
<td>Cervical Cancer</td>
<td>385</td>
<td>395 - 355</td>
</tr>
<tr>
<td>Chamor Liver Diseases</td>
<td>291</td>
<td>295 - 285</td>
</tr>
<tr>
<td>Cancer of Colon, Rectum and Anus</td>
<td>258</td>
<td>260 - 250</td>
</tr>
<tr>
<td>Cancer of Lymph, Blood, Related Tissue</td>
<td>236</td>
<td>238 - 228</td>
</tr>
<tr>
<td>Cancer of Prostate</td>
<td>225</td>
<td>227 - 215</td>
</tr>
<tr>
<td>Falls</td>
<td>190</td>
<td>192 - 182</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Toronto Value</th>
<th>Ontario Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza and Pneumonia</td>
<td>405</td>
<td>460 - 425</td>
</tr>
<tr>
<td>Cervical Cancer</td>
<td>385</td>
<td>395 - 355</td>
</tr>
<tr>
<td>Chamor Liver Diseases</td>
<td>291</td>
<td>295 - 285</td>
</tr>
<tr>
<td>Cancer of Colon, Rectum and Anus</td>
<td>258</td>
<td>260 - 250</td>
</tr>
<tr>
<td>Cancer of Lymph, Blood, Related Tissue</td>
<td>236</td>
<td>238 - 228</td>
</tr>
<tr>
<td>Cancer of Prostate</td>
<td>225</td>
<td>227 - 215</td>
</tr>
<tr>
<td>Falls</td>
<td>190</td>
<td>192 - 182</td>
</tr>
</tbody>
</table>

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

** Leading causes of death are based on a standard list developed by Becker et al. (2006) for the World Health Organization that was modified by the Association of Public Health Epidemiologists of Ontario in 2008. Data Sources: Vital Statistics, 2010, Ontario Ministry of Health and Long-Term Care, IntellHEALTH ONARIO, Data Extracted: September 2014.
When the Board of Health ratified the new five-year strategic plan in late 2014, it marked the conclusion of a six-month process working closely with healthcare workers, service agencies, internal staff, community leaders and residents.

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

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

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

- 中文 / Chinese
- یسراف / Farsi
- Français / French
- Italiano / Italian
- 한국어 / Korean
- Português / Portuguese
- ਪੰਜਾਬੀ / Punjabi
- русский / Russian
- Español / Spanish
- தமிழ் / Tamil
- Tiếng Việt / Vietnamese

Visit toronto.ca/health