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**PLEASE ROUTE TO:
All Board of Health Members
All Members of Regional Health & Social Service Committees
All Senior Public Health Managers**

May 19, 2023



May 2023 InfoBreak

This update is a tool to keep alpha's members apprised of the latest news in public health including provincial announcements, legislation, alpha activities, correspondence, and events. Visit us at alphaweb.org.

Leader to Leader - A Message from the alpha President - May 2023

A word cloud graphic featuring several terms in various colors and orientations. The word "leadership" is the largest and most prominent, in red. Other words include "passion" (vertical, black), "motivation" (horizontal, blue), "dedication" (horizontal, orange), "discipline" (horizontal, orange), "excellence" (horizontal, black), "drive" (vertical, red), and "heart" (horizontal, blue).

READY! SET! GO! What a great way to start the month of May, with the launch of alPHA's [Workplace Health and Wellness Month](#). It has been delightful to see alPHA members taking part in this event by sharing their engagement in activities that promote physical and mental health and sharing healthy recipes on Twitter - tagging @PHAgencies and using the hashtags #PublicHealthLeaders and #alPHA2023. Many of these posts will be profiled at the alPHA Conference on June 13, 2023. Let's get moving and rise to the alPHA challenge!

In April, the Northwestern Ontario Municipal Association (NOMA) AGM and Conference in Thunder Bay, Ontario provided me with the opportunity to moderate as alPHA's Executive Director Loretta Ryan co-presented with Dan Nicholson, Planner for the City of Toronto. They delivered an interesting and informative keynote called *The Public Realm: Planning and Public Health*. It proved to be a tremendous opportunity to effectively network with municipal and provincial leadership and to meet Board of Health members from across the region.

I am pleased to tell you Loretta Ryan, alPHA's Executive Director, was part of the Ontario Chronic Disease Prevention Alliance (OCDPA) representatives who met with MPP Robin Martin, the Parliamentary Assistant to the Minister of Health, on Wednesday May 3 to discuss the importance of chronic disease prevention.

Now, a couple of things to bring to your attention about the [Ontario Not for Profit Corporations Act](#) (ONCA). Firstly, alPHA is on track and will meet the deadline of October 24, 2024, for ONCA's legislated compliance. Secondly, Ontario's Boards of Health are created under, and regulated by, Part VI of the Ontario Health and Promotion Act and thus the Not-for-Profit Corporations Act does not apply to Boards of Health.

alPHA continues to address to provincial decision-makers and influencers our members' concerns for public health funding and its uncertainty in regard to several areas including: annual base funding, Infection Prevention and Control (IPAC) Hub funding for 2023-2024, mitigation funding for 2024 and beyond, school focused nurses initiatives funding which is due to end June 30, 2023, and other one-time funding.

alPHA's effective one voice represents its 34-member health agencies, which includes the Boards of Health Section, the Council of Ontario Medical Officers of Health Section, and the senior public health Affiliate leadership. alPHA's unified voice has great strength for public health in our advocacy to the decision-makers and influencers. After all, alPHA has significant merit, as the province's only truly representative public health association with all of Ontario's thirty-four local public health units/boards of health, as members.

The 2022-2023 [alPHA Board](#) will be holding its final meeting of its term by video conference on June 9, 2023. The permanent move to video provides maximum opportunity to ensure alPHA's provincially representative Board members are all able to take part. Not only does it save members time travelling to and from meetings, it keeps more funds in their local public health units. On June 9, alPHA Board discussions will focus on final reports and preparations for the Annual General Meeting being held on June 13, 2023, as well as key public health issues, government relations, strategic planning, compliance with Ontario's Not for Profit Corporations Act and wrapping up business for this board. The new 2023-2024 Board will meet on June 14, 2023, immediately after the Section meetings.

There is much optimism for the rest of 2023 and what is in store for further engagement opportunities for alPHA members. Anticipation is building for alPHA's first in-person event since 2019. The 2023 alPHA AGM, Conference and Section meetings are being held on June 13 and June 14. This is an opportunity to continue the important conversation on the role of local public health in the province's public health system, consider alPHA members' proposed resolutions, hold plenary sessions with guest speakers, and the presentation of the 2023 Distinguished Service Awards for leadership in Ontario's public health system. The alPHA member-only events will kick-off on Monday, June 12th with a walking tour of Toronto's historic Kensington Market, followed with an opening reception and a keynote address, at the Dalla Lana School of Public Health. This alPHA event is another key opportunity for member engagement. It will include your participation, as an alPHA member representative, in the development of a Strategic Plan to lead the association into 2024 and beyond. Thank you to alPHA's Executive Director, Loretta Ryan, and her staff for their work. The event is planned and hosted by alPHA and co-hosted by Toronto Public Health. alPHA appreciates Toronto Public Health and the University of Toronto's Dalla Lana School of Public Health and Temerty Faculty of Medicine for their generous support.

alPHA highly values you - its members across Ontario's 34 local public health agencies. alPHA endeavours to engage you proactively, and meaningfully through regular updates via email and opportunities in the monthly publication *Information Break*, on Twitter, at member-driven symposiums and events and with time-sensitive updates. alPHA's website www.alphaweb.org is a public portal of public health resources, while *Information Break* is a public health portal exclusive to alPHA members.

Looking forward to seeing you in-person in Toronto at alPHA's 2023 AGM and Conference on June 12, 13 and 14, 2023!

Trudy Sachowski
President

'Strategy is not a lengthy action plan. It is the evolution of a central idea through continually changing circumstances.'

Annual General Meeting and Conference Important Updates and Information



We are less than a month away from this year's Conference and AGM! As you know, this event will continue the important conversation on the role of Local Public Health in the province's Public Health System. On Monday, June 12, we will get things underway with a walking tour in the afternoon and an opening evening reception. The speaker for the opening reception is Toronto Public Health's Medical Officer of Health, Dr. Eileen de Villa. The AGM, consideration of Resolutions, Plenary Sessions, and presentation of the 2023 Distinguished Service Awards will take place on Tuesday, June 13. The half-day Section meetings will be held on the morning of Wednesday, June 14. alPha is looking forward to hosting these in-person events and encourages all members to participate. You can register [here](#).

The Conference is being co-hosted by Toronto Public Health, with generous support from the University of Toronto's Dalla Lana School of Public Health and the Temerty Faculty of Medicine. We would also like to thank Mosey & Mosey for their generous support of the alPha Distinguished Service Awards.

IMPORTANT: Attendees are encouraged to book accommodations as soon as possible. alPha does not have a room block. There are a number of nearby hotels including the [Chelsea Hotel Toronto](#), the [Holiday Inn](#), and [DoubleTree by Hilton Hotel Toronto Downtown](#).

Documents, such as the Preliminary Program, can be found [here](#). The Conference Poster is available through [this link](#), and Sponsorship information can be found [here](#). Please check the website often for updates. The [June 2023 alPha AGM Notice and Package are also available](#).

We hope to see you at these in-person events. If you have any questions, please do not hesitate to reach out to Loretta Ryan at loretta@alphaweb.org.



Dalla Lana

School of Public Health

Temerty Medicine

ThinkDox 

The ThinkDox logo consists of a cluster of small, light green squares arranged in a roughly circular pattern to the right of the text.



Mosey & Mosey

alPHA Workplace Health and Wellness Month is now underway!

2023 alPHA Workplace Health & Wellness Month

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PUBLIC HEALTH
Agencies



alPHA members are encouraged to engage in physical activity (e.g. walking, hiking, swimming, wheeling, and paddling) or activities that promote mental health (e.g. meditation, yoga, relaxation exercises, and) for at least 30 minutes per day during the month of May.

Good health involves good eating habits. Do you have a recipe that contributes to health and wellness? We'd love to hear about these too!

Participate and share on Twitter. Don't forget to include in your tweet: a picture, @PHAgencies and the hashtags #PublicHealthLeaders, #alpha2023. We'll profile your Fitness Challenge activities at the alPHA Conference that is taking place June 13, 2023.



HERE'S HOW TO PARTICIPATE

Activities are to be completed at any time during the month of May. Any physical or mental health activities of a 30-minute duration are encouraged.

Post your healthy recipes too.
Be creative and have fun!

Post your tweets with pictures and include
@PHAgencies, #PublicHealthLeaders
#alpha2023

Easy Activity Tips!

At Home - Work in the garden or mow the grass. Using a riding mower doesn't count! Rake leaves, prune, and dig. Go out for a short walk before breakfast, after dinner or both! Why not start the day off with meditation? Start with 5-10 minutes and work up to 30 minutes.

At Work - Many of us have sedentary jobs. If you can, use active transportation to get to and from your workplace. Go for a walk at lunchtime. Incorporate these activities into your work day. Start with short walks and work up to longer trips. Practice mindfulness. Engage in fun team building exercises.

At Play - Play and recreation are important for good health. Look for opportunities to be active and have fun at the same time: Plan activities that include physical activity (hiking, backpacking, swimming, etc.). Do your favorite physical activities and regularly go walking, jogging, bicycling or wheeling. Start with achievable goals and work your way up to regular exercise routines.

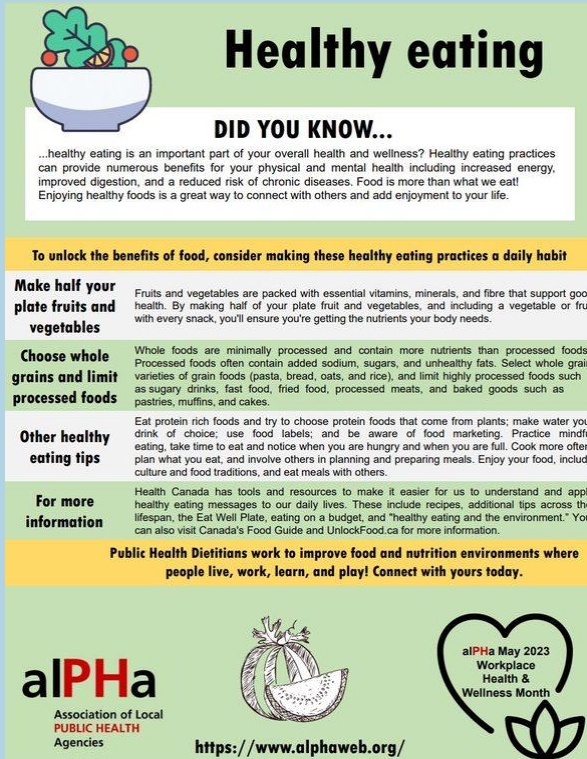
At any time - Prepare a healthy snack or meal, take a picture, and share it with the recipe.

Ready! Set! GO!

Do you want to improve your physical fitness or address your mental well-being? [alPHA Workplace Health and Wellness Month](#) can help! There are various resources available, including infographics and healthy recipes, to provide you with all the necessary information to help you take care of yourself.

We also want to feature your physical and mental activities. We encourage all members to partake in an activity for at least 30-minutes, tag [@PHAgencies](#) on Twitter, and use the [#PublicHealthLeaders](#) and [#alPHA2023](#) hashtags. We'll be

sure to retweet it! Additionally, your successes will be highlighted at this year's Conference and AGM.



Healthy eating

DID YOU KNOW...

...healthy eating is an important part of your overall health and wellness? Healthy eating practices can provide numerous benefits for your physical and mental health including increased energy, improved digestion, and a reduced risk of chronic diseases. Food is more than what we eat! Enjoying healthy foods is a great way to connect with others and add enjoyment to your life.

To unlock the benefits of food, consider making these healthy eating practices a daily habit

Make half your plate fruits and vegetables Fruits and vegetables are packed with essential vitamins, minerals, and fibre that support good health. By making half of your plate fruit and vegetables, and including a vegetable or fruit with every snack, you'll ensure you're getting the nutrients your body needs.



Choose whole grains and limit processed foods Whole foods are minimally processed and contain more nutrients than processed foods. Processed foods often contain added sodium, sugars, and unhealthy fats. Select whole grain varieties of grain foods (pasta, bread, oats, and rice), and limit highly processed foods such as sugary drinks, fast food, fried food, processed meats, and baked goods such as pastries, muffins, and cakes.

Other healthy eating tips Eat protein rich foods and try to choose protein foods that come from plants; make water your drink of choice; use food labels; and be aware of food marketing. Practice mindful eating, take time to eat and notice when you are hungry and when you are full. Cook more often, plan what you eat, and involve others in planning and preparing meals. Enjoy your food, include culture and food traditions, and eat meals with others.

For more information Health Canada has tools and resources to make it easier for us to understand and apply healthy eating messages to our daily lives. These include recipes, additional tips across the lifespan, the Eat Well Plate, eating on a budget, and "healthy eating and the environment." You can also visit Canada's Food Guide and UnlockFood.ca for more information.

Public Health Dietitians work to improve food and nutrition environments where people live, work, learn, and play! Connect with yours today.


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Workplace Ergonomics

Did you know...

...incorporating ergonomic considerations into the workplace can reduce the potential for discomfort, pain, development of musculoskeletal disorders, and even long-term injuries?



To unlock the benefits of your workplace, consider making these ergonomic practices a daily habit.

Good posture Poor body position or posture can hinder blood circulation, affect the nervous system, and contribute to injuries and illnesses. It's important to keep feet flat on the floor, back straight, and shoulders relaxed. By clicking [here](#), you'll find more related information.

Monitor placement Set up your monitor so the top line of the screen is at or below eye level. This should align your eyes with the top of the viewing area of the screen. You should not need to tilt or bend your neck forward to properly see it. Set up your monitor directly in front of you, at least 20 inches away.

Taking breaks Breaks lead to higher productivity, greater job satisfaction, and more balanced emotional health. It is important to take the time to [stretch](#) and move around, especially if you spend long hours sitting at a desk.

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For more information related to ergonomics, go to the [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#).

In conjunction with alPHA's new Workplace Health & Wellness Month, we have some tips to help you live a healthier life. We are also releasing two new infographics on [healthy eating](#) and the importance of [ergonomics in the workplace](#). To view previous infographics, head over to alPHA's Workplace Health & Wellness Month webpage.

Affiliates Update

Affiliates

Association of Local Public Health Agencies

Save The Date - Health Promotion Ontario 2023 Webinar Series

Calling all health promotion professionals!

Once again, Health Promotion Ontario is hosting its free annual webinar series. This year the theme is Health Promotion in a New Era: Skills we need for a changing world.

If the past three years have taught us anything, it's that we constantly need to innovate, adapt and overcome. In the years ahead, we will continue to face complex problems that require new approaches and upstream thinking. That's why we're focusing this series on key skills you'll need now and into the future, to tackle the big issues ahead.

This year, we're doing things a little differently. Each session will still feature panelist presentations and discussions, but our panelists will reflect both traditional and non-traditional "health promoters". We want everyone to see themselves as health promoters and to reflect on the ways in which they can contribute to advancing health and wellness.

You can still register for the final webinar in this series.

- May 25, 2023, 11:30 a.m.-1:00 p.m. - When Passion Becomes Policy (Advocacy)

Reach out to us: healthpromotionontario@gmail.com with any questions.

CIHI's Mental Health and Substance Use Survey



In support of the federal, provincial and territorial governments' commitment to the [Shared Health Priorities](#), the Canadian Institute for Health Information (CIHI) is asking Canadians to share their experiences with accessing mental health and substance use services. Participation is voluntary and responses will remain anonymous. The survey is available until May 21, 2023.

The Canadian Institute for Health Information @CIHI_ICIS is working to understand the experiences of Canadians accessing mental health and substance use services. Complete this short, anonymous survey to help improve these services across the country! https://bit.ly/CIHI_SurveyForCanadians

Over time, indicators derived from the survey results will tell a clearer story about access to care across the country, identify where there are gaps in services and help to make meaningful changes to improve the experiences of Canadian patients and their families. Learn about these important indicators here:

- [Navigation of Mental Health and Substance Use Services](#)
- [Early Intervention for Mental Health and Substance Use Among Children and Youth](#).

2021 Census data sorted by health region now available

Public Health Units - Demographic Information

Links to Ontario Health Unit Demographic Info (Source: 2021 Census)

On March 29, 2023, Statistics Canada published the demographic information gathered via the 2021 Census, sorted by health region, which includes detailed profiles for each Ontario public health unit. aPHa has provided direct links to each on [this page](#). Please note the list is sorted by the legal names of the PHUs as they appear in Ontario Regulation 553.

Promoting Resilience: A Science-Informed Approach to Decision-Making



The purpose of this module is to raise awareness about the role of early development in long-term health, the science of adversity, and the importance of resilience and its relationship to wellbeing. The modules describes actions boards of directors, community leaders, and other decision makers can take to prevent and reduce the effects of adversity and build community resilience. WGD Public Health is a partner and alPHA members are encouraged to register. [Register here.](#)

Boards of Health: Shared Resources



A resource [page](#) is available on alPHA's website for Board of Health members to facilitate the sharing of and access to orientation materials, best practices, by-laws, resolutions, and other resources. If you have a best practice, by-law or any other resource that you would like to make available, please send a file or a link with a brief description to gordon@alphaweb.org and for posting in the appropriate library.

Resources available on the alPHA website include:

- [Orientation Manual for Boards of Health \(Revised Feb. 2023\)](#)
- [Review of Board of Health Liability, 2018, \(PowerPoint presentation, Feb. 24, 2023\)](#)
- [Legal Matters: Updates for Boards of Health \(Video, June 8, 2021\)](#)
- [Obligations of a Board of Health under the Municipal Act, 2001 \(Revised 2021\)](#)
- [Governance Toolkit \(Revised 2022\)](#)
- [Risk Management for Health Units](#)
- [Healthy Rural Communities Toolkit](#)
- [The Ontario Public Health Standards](#)
- [Public Appointee Role and Governance Overview \(for Provincial Appointees to BOH\)](#)
- [Ontario Boards of Health by Region](#)
- [List of Units sorted by Municipality](#)
- [List of Municipalities sorted by Health Unit](#)
- [Map: Boards of Health Types](#)
- [NCCHPP Report: Profile of Ontario's Public Health System \(2021\)](#)
- [The Municipal Role of Public Health\(2022 U of T Report\)](#)
- [Boards of Health and Ontario Not-for-Profit Corporations Act](#)

Public Health Ontario



COVID-19 Epidemiological Surveillance Report

- [SARS-CoV-2 Genomic Surveillance in Ontario](#)
- [COVID-19 Wastewater Surveillance in Ontario](#)
- [Respiratory Virus Overview in Ontario](#)

Additional Resources – New

- [Injuries among Children using the Canadian Health Survey of Children and Youth](#)
- [Surveillance Report: Shigella Antimicrobial Resistance](#)
- [Focus On: Per-and Poly-Fluoroalkyl Substances \(PFAS\)](#)

- [Mpox in Ontario](#)
- [Surveillance reports on: Chlamydia in Ontario, Gonorrhoea in Ontario, and Infectious Syphilis in Ontario](#)
- [Household Food Insecurity Snapshot](#)

Upcoming PHO Events

- Tuesday May 23 – [PHO Rounds: The 2023 Ontario HIV Testing Guidelines](#) – 12:00 p.m. to 1:00 p.m.
- Tuesday May 30 – [PHO Rounds: Harm Reduction Snapshots in Ontario and the Impact of COVID-19](#) – 12:00 p.m. to 1 p.m.

Interested in our upcoming events? Checkout our [Events](#) page to stay up-to-date with all PHO events.

Missed an event? Check out our [Presentations](#) page for full recordings our events.

Upcoming DLSPH Events and Webinars

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- [Climate Change and Infectious Diseases Speaker Series: Climate Change, Pandemic Risk and Population Health with Amy Greer, University of Guelph](#) (May 25)
- [CANUE Webinar: Food Outlets, Urban Environments and Population Health](#) (May 30)
- [Real-world insights on COVID-19 vaccine effectiveness and infection risk factors from CanPath's SUPPORT-Canada study](#) (May 30)
- [Big Ideas: Exploring Critical Pedagogy as a Pathway to Addressing Challenges in Healthcare](#) (Jun. 7)

RRFSS and Climate Change



RRFSS data can answer questions related to local health behaviours and issues when other data does not exist and can also be a key source of local data for factors related to the social environment, natural & built environment, and socio-political aspects of environmental change.

For example, RRFSS has many modules on Climate Change:

- Attitudes Towards Action
- Dwelling Adaptation Practices & Barriers
- Experience and Impact on Health
- Perceptions of Health Impacts of Climate Change
- Perceptions of Health Impacts of Climate Exposures
- Personal Adaptation Barriers
- Personal Adaptation Practices
- Responsibility for Action
- SASSY Segmentation

To collect 2023 RRFSS data and create a survey package and customizable budget contact: Lynne Russell, RRFSS Coordinator: lynnerussell@rrfss.ca

COVID-19 Update

The Ministry of Health COVID-19 resource pages:

<https://www.ontario.ca/page/covid-19-coronavirus>

(English)

[Ministry of Health - guidance for the health sector](#)

[Public Health Ontario's COVID-19 landing page](#)

[Public Health Agency of Canada's COVID-19 landing page](#)

[alPHa's recent COVID-19 related submissions can be found here.](#)

As part of the ongoing response to COVID-19, alPHa continues to represent the public health system and work with key stakeholders.

alPHA Correspondence



Through policy analysis, collaboration, and advocacy, alPHA's members and staff act to promote public health policies that form a strong foundation for the improvement of health promotion and protection, disease prevention, and surveillance services in all of Ontario's communities. Below are submissions that have been sent in since the last newsletter. A complete online library is available [here](#).

[alPHA Letter - OPNL Recommendations](#)

May 5, 2023 letter from the President of the Association of Local Public Health Agencies, on behalf of the Council of Ontario Medical Officers of Health, Boards of Health Section, and Affiliate Organizations to the Minister of Health, Hon. Sylvia Jones. The letter communicates support for the Ontario Association of Public Health Nursing Leaders' recent *Recommendation Information Sheet* stating they, along with other public health professionals, are essential to addressing service delivery backlogs and implementing programs to promote health, prevent disease, and support the province's identified priorities.

News Releases

The most up to date news releases from the Government of Ontario can be accessed [here](#).



