

Annual Service Plan & Budget: Chronic Disease Prevention and Wellness

A. Community Need and Priorities

Our focus will be on promoting physical activity, eating healthy foods, food security, maintaining physical and mental health, maintaining oral health, and managing stress based on population data from Lanark, Leeds and Grenville:

- 40.6% of overall population reported being physically inactive during leisure time;
- 9.7% of households in LGL reported food insecurity;
- 60.2% of overall population reported eating <5 servings of fruit and vegetables daily;
- 12.6% of overall population reported fair to poor health;
- 7.5% reported fair to poor mental health;
- 21.3% of overall population self-reported quite a bit or extreme life stress;
- 27.3% reported quite a bit or extreme work stress
- 28.2% reported having a somewhat weak to very weak sense of community belonging
- 35.4% of overall population in LGL reported not having dental insurance - the highest proportion in the 65+ age group (55.5%) and 65.1% of those with the lowest income reported not having dental insurance.

We will continue to monitor trends, gather input from community partners, and embed our Health Equity Tool in all programs to ensure we are recognizing and addressing the Social Determinants of Health in the specific programs.

B. Key Partners/Stakeholders:

All of our work to prevent chronic disease and promote wellness are done in collaboration with community partners including the following:

- Promoting physical activity and its link to mental health and stress management
 - Brockville Cycling Advisory Committee
 - Healthy Kids Community Challenge Leeds and Grenville Steering Committee
 - Leeds Grenville Public Libraries
 - Municipal (elected, recreation and planning staff)
 - Community Health Centres
- Promoting healthy eating, food security and food sustainability and its link to healthy minds
 - foodcoreLGL Coalition (North Lanark Community Health Centre; OMAFRA; The Table in Perth; Country Roads Community Health Centre; Two Rivers Food Hub; local farmers)
 - Food Matters (Butler’s Creek Community Garden; Transition Brockville; Country Roads Community Health Centre)
 - Gananoque and Area Food Access Network (R.O.L.L. Aid Centre; KEYS Job Centre; Gananoque & Area Food Bank; Gananoque Intermediate & Secondary School; Salvation Army; Gananoque Community Garden; Transition Gananoque; Brockville and District Association for Community Involvement)
 - Leeds Grenville Poverty Reduction Alliance
 - Community Health Centres
- Focus on children and youth – mental health, physical activity, healthy eating, oral health
 - Lanark Planning Council for Children and Youth
 - Every Kid in Our Community (Leeds and Grenville)
 - Schools (primary, secondary, colleges and universities)
- Oral health for seniors
 - Community Health Centres
 - United Way
 - Local dentists and dental hygienists

C. Programs	Interventions	Intervention Description	Objectives	Indicators of success
Program 1 – Healthy Active Living	Intervention 1 – Active Transportation	<ul style="list-style-type: none"> • Work with School Travel Planning in Almonte and Smith Falls with parent, teachers and students and the community to increase awareness of the benefits of increased physical activity through active transportation, increase number of students using active transportation methods to get to and from school and increase social connectedness. • Work with Municipal Active Transportation Committees to: <ul style="list-style-type: none"> ○ Develop Active Transportation Plans as per requirements of Ontario Municipal Commuter Cycling Program (OMCC) funding ○ Promote infrastructure improvements to support increased active transportation ○ Achieve Bike Friendly or Walk Friendly status • Work with Eastern Ontario Active Transportation Network to: <ul style="list-style-type: none"> ○ Liaise with active transportation advisory committees, provincial groups ○ Build collective capacity ○ Mobilize support for active transportation ○ Share resources and information ○ Advocate to ensure needs of region considered provincial and federal levels 	<p>Community partners are aware of healthy behaviours associated with the prevention of chronic diseases.</p> <p>Community partners have knowledge of an increased capacity to act on the factors associated with the prevention of chronic diseases and the promotion of well-being including healthy behaviours, healthy public policy, and creating supportive environments.</p> <p>Community partners, policy makers, and the public, including priority populations, are meaningfully engaged in the planning, implementation, development and evaluation of programs and services for the prevention of chronic diseases.</p> <p>There is increased public awareness of the impact of risk factors, protective factors and healthy behaviours associated with chronic diseases.</p> <p>There is an increased adoption of healthy living behaviours among populations targeted through program interventions for the prevention of chronic diseases. Youth have decreased exposure to ultraviolet (UV) radiation, including reduced access to tanning beds.</p>	<p>-# of presentations to school staff and parents</p> <p>-# of students using active transportation at baseline measure survey</p> <p>-# of students using active transportation at follow up survey</p> <p>-# of school activities for community members</p> <hr/> <p>- # of new and enhanced Municipal Active Transportation Plans</p> <p>-# of infrastructure improvements (e.g., number of new sidewalks, new paved shoulders)</p> <p>-# of communities applying for Bike Friendly or Walk Friendly Status</p> <p>-# of communities being awarded Walk Friendly or Bike Friendly status</p> <hr/> <p>-# of networking events</p> <p>-# of education events</p> <p>-# of advocacy opportunities</p>

Programs	Interventions	Intervention Description	Objectives	Indicators of success
Program 1 – Healthy Active Living	Intervention 2 – Nature4Life	<ul style="list-style-type: none"> • Use Social Media campaign, in collaboration with Best Start and other community partners, to increase awareness of parents of children 0-6 yrs. regarding the benefits of outdoor nature play for enhancing fine and gross motor skills, physical independence, and physical readiness for school day. • Community events and presentations promoting Nature4Life to increase awareness of the benefits of outdoor nature play. 	(As above)	<ul style="list-style-type: none"> -# of postings -reach of posts -# of social media shares -# of events -# of presentations
	Intervention 3 – Rural Recreation Association	<ul style="list-style-type: none"> • Support the Rural Recreation Association with municipal recreation departments and physical activity and recreation organizations to: <ul style="list-style-type: none"> ○ Provide opportunities to share information, education opportunities and resources. ○ Provide policy-building and capacity-building opportunities that address specific needs and concerns within the local region. ○ Plan and host the annual Recreation Summit. ○ Seek support and develop linkages to professional and provincial organizations. 		<ul style="list-style-type: none"> -# of networking events -# of educational events -# of advocacy opportunities -# of new policies

Programs	Interventions	Intervention Description	Objectives	Indicators of success
Program 1 – Healthy Active Living	Intervention 4 - Education & Information to Community	<ul style="list-style-type: none"> • Include information on regular physical activity and its benefits on Webpage, through social media, presentations and/or training to community partners and members on specific topics 	(As above)	<ul style="list-style-type: none"> -# hits to website pages -# inquiries on websites -# of postings and reach of posts -# of social media shares -# of presentations/training
	Intervention 5 - Tanning Beds	<ul style="list-style-type: none"> • Inspections of tanning bed salons consistent with Tanning bed Protocol. • Social and other media to the public to increase awareness of the legislation and the risk of using tanning beds. 		<ul style="list-style-type: none"> -# complaint based inspections -# of resources distributed -# of postings -reach of posts -# of social media shares
Program 2 – Healthy Eating	Intervention 1 – Education and Information to Community	<ul style="list-style-type: none"> • Provide information on the Website and through social and regular media on the benefits of healthy eating. • Presentations and/or training to community as part of comprehensive health promotion strategy for healthy eating. 	<p>Board of Health programs and services are designed to address the identified needs of the community, including priority populations, associated with the prevention of chronic diseases.</p> <p>Community partners are aware of healthy behaviours associated with the prevention of chronic diseases.</p>	<ul style="list-style-type: none"> -# hits to website pages -# inquiries on websites -# of postings -reach of posts -# of social media shares -# of presentations -# of trainings
	Intervention 2 – Access to Healthy Food	<ul style="list-style-type: none"> • Continue with the Nutritious Food Basket (NFB) costing program and communicate results of the cost of NFB as it relates to housing and income through media campaign (social, print, radio, TV media; presentations; web) • Advocate for adequate income to purchase a NFB 	<p>Community partners have knowledge of an increased capacity to act on the factors associated with the prevention of chronic diseases and the promotion of well-being including healthy behaviours, healthy public policy, and creating supportive environments.</p> <p>Community partners, policy makers, and the public, including priority populations, are meaningfully engaged in the planning, implementation, development and evaluation of programs and services for</p>	<ul style="list-style-type: none"> -distribution of infographic -# presentations -# of media events -# of postings -# of social media shares -reach of all media types -# advocacy actions

			<p>the prevention of chronic diseases.</p> <p>There is increased public awareness of the impact of risk factors, protective factors and healthy behaviours associated with chronic diseases.</p> <p>There is an increased adoption of healthy living behaviours among populations targeted through program interventions for the prevention of chronic diseases. Food premises are in compliance with the Healthy Menu Choices Act, 2015.</p>	
Program 2 – Healthy Eating	Intervention 3 – Community Coalitions	<ul style="list-style-type: none"> • foodcore LGL – oversees adoption of the Food Charter for the United Counties of Leeds and Grenville, and the County of Lanark, increase awareness of local food assets, increase awareness of how Food Charter principles can be applied in schools and municipalities. • Support Food Matters, a coalition that works to increase the knowledge and practical skills to grow, prepare and store food, increase knowledge and skills for growing and storing food • Support the Gananoque and Area Food Access Network to hear and support the voice of those with the food insecure lived experience, increase knowledge of priority population health inequities related to food insecurity, and increase engagement of community partners, policy-makers, and the public in addressing the needs of priority population through creating a hub system. 		<ul style="list-style-type: none"> -# of hits on Food Inventory -Use of Food Charter Toolkit for schools -Use of Food Charter Toolkit for municipalities -# of gardening workshops -# attendees at workshops -identification of needs of priority population related to food insecurity -# community partners with increased awareness of the challenges and stigma of poverty in relation to food insecurity -hub design created
	Intervention 4 - Healthy Menu Choice Act	<ul style="list-style-type: none"> • Inspections of premises to ensure all menus are in compliance with the Act and regulations. 		<ul style="list-style-type: none"> -# of premises inspected - # orders issued

<p>Program 3 – Healthy Bodies Healthy Minds</p>	<p>Intervention 1 – Information / Education</p>	<ul style="list-style-type: none"> • Review internal resources for Compliance with Healthy Bodies, Healthy Minds Position Statement and increase awareness of weight bias and stigmatization with staff. • Provide training to Partners re: reducing weight bias and stigmatization through increased awareness of impacts of weight bias and stigmatization in the workplace and in dealing with clients. • Use of the website and Social Media to increase public awareness of the impacts of weight bias and stigmatization 	<p>Community partners are aware of healthy behaviours associated with the prevention of chronic diseases. Community partners have knowledge of an increased capacity to act on the factors associated with the prevention of chronic diseases and the promotion of well-being including healthy behaviours, healthy public policy, and creating supportive environments. There is increased public awareness of the impact of risk factors, protective factors and healthy behaviours associated with chronic diseases. There is an increased adoption of healthy living behaviours among populations targeted through program interventions for the prevention of chronic diseases.</p>	<p>-# internal resources reviewed -# resources modified -# of advocacy letter written to external partners who create resources -# education sessions -# of resources distributed -# of postings and reach of posts -# of social media shares -# hits to website</p>
<p>Program 4 – Oral Health for Low Income Adults</p>	<p>Intervention 1 – Advocacy & Education</p>	<ul style="list-style-type: none"> • Provide information to adults on dental health on Website and through media and social media. Apply for and use United Way funding to provide up to \$300 to each eligible client (low income adult, without insurance in pain and/or has an infection) to access dental care from a local provider while funding lasts. Work with community partners and provincially to advocate for funding for dental care for low income adults. 	<p>Board of Health programs and services are designed to address the identified needs of the community, including priority populations, associated with the prevention of chronic diseases. There is increased public awareness of the impact of risk factors, protective factors and healthy behaviours associated with chronic diseases. There is an increased adoption of healthy living behaviours among populations targeted through program interventions for the prevention of chronic diseases.</p>	<p># of clients participating in program # social media # website hits</p>