

# Grey Bruce Health Unit



## BWDSB Annual Community Planning and Partnership Meeting

June 14<sup>th</sup>, 2016

Alanna Leffley, Senior Epidemiologist

# Demographic Profile of Grey Bruce

158,670 live in Grey Bruce

- Very low population growth: 0.6% (Ontario 5.7%)

## Age structure

- Older - median age: 47 (Ont. 40)
- More seniors 65+: 20.7% (Ont. 15%)
- Fewer children 0 to 14: 15.1% (Ont. 17%)

*Source: Statistics Canada – 2011 Community Profiles*



# Demographic Profile of Grey Bruce

Currently, about 1,500 births per year

- Birth rates are lower than the provincial average but have been stable over the last several years
- Slightly more births in Grey County than Bruce County
- Municipalities with more births are Owen Sound, Saugeen Shores, Kincardine
- Municipalities with the least births are North Bruce Peninsula, Blue Mountains, South Bruce Peninsula

# In-School Services from Public Health

In 2015/16 school year, Health Unit staff held over 150 vaccine & sexual health clinics and over 3000 dental screenings in BWDSB schools

- Space requirements will remain similar to this year.
- Space used for clinical services need to be private, easy to access and safe for both students and public health staff.
  - Access to wifi, adult chairs and desks, plugs, sinks would be helpful
- Flexible hours (outside of school time) would facilitate access for Public Health to meet with parents/professionals for consultation and/or program planning purposes.

# Other Program Areas

- GBHU will continue to partner with users of school kitchens (school programs, Breakfast and Before & After School Programs)
  - To help facilitate communication among users of the kitchen space to improve food safety practice
  - To share resources such as the Community Garden Best Practice resources
- GBHU will continue to consult with us on issues related to smoking on school property, student illness absenteeism and infection control

# The Health of our Children and Youth

- Grey Bruce School Readiness 2009-2013
  - 30.5% of children entering school considered vulnerable according to EDI (Early Development Instrument) [higher than Ont. 27.6%]
- Overweight or Obese Youth – rates appear to be increasing locally and provincially

# The Health of our Children and Youth

- Limited local behaviour data on youth due to lack of regional participation in large surveys such as the Ontario Student Drug Use (& Mental Health, Well-being) Surveys or COMPASS by Propel Centre (U of Waterloo)
  - What OSDUS (2015) showed for the Southwest & Erie St. Clair LHINs was students (gr 9-12): used alcohol (59%), binge drank alcohol in past month (23%), used cannabis (26%), smoked tobacco (Ont. 11%), used E-cigarettes (Ont. 15%) and had used any drug incl. cannabis (31%).
  - Youth Mental Health & Well-Being (2013) showed for the Southwest & Erie St. Clair LHINs was students (gr 9-12): had high daily screen time (3+ hrs) (53%), were bullied at school (24%), sought help for Mental Health (20%), had unmet needs for MH support (34%) and reported suicidal ideation (17%).

# Working with you to create “Healthy Schools”

- Explore a rural model for Active Safe Routes to School to include an active transportation component
- Enhance Reciprocal Agreements so that outdoor and indoor school facilities are a community resource
- Maintain and establish “Tree Shade” within outdoor spaces for sun safety
- Allow for the provision of “safe spaces/community service rooms” for youth within each school and adopt best practice youth mental health strategies
- Maintain kitchen facilities within schools to support and enhance the provision of healthy food choices for school programming





Thank You

[a.leffley@publichealthgreybruce.on.ca](mailto:a.leffley@publichealthgreybruce.on.ca)