

Newfoundland & Labrador Public Health Association

June 2005

President's Message

Submitted by: **Minnie Wasmeier, President, NLPHA**

This has been a busy time for our Association. We developed and released, with two partners, a joint position paper on ATVs and are currently working on another on Child Restraints. We have diligently worked on our strategic plan and must now develop an action plan to implement it.

We have had an active partnership in various national initiatives with the Canadian Public Health Association (CPHA), including the governance review process and the Atlantic Partnership Proposal. We have participated in various provincial initiatives such as the Wellness Council, Committee on Public Health Capacity, the Public Consultation on the Smoking Ban in Bars and Bingo Halls and recently participated in the news release by the Department of Health and Community Services on the new vaccines. We have maintained strong advocacy on a variety of public issues. In addition, we recently were invited to participate in the development and implementation of the Chronic Disease and Social Inequity Workshop in St. John's.

We have been able to do all of this because of your commitment. Thank you for your support, guidance and hard work. It has been truly appreciated.

Best Wishes,
Minnie



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Canadian Public Health Association 96th Annual Conference

"Mapping the Future of Public Health: People, Places and Policies"

18-21 September 2005

The Westin Ottawa / Ottawa Congress Centre

Register online at: www.cpha.ca

The Tobacco Free Network of Western Newfoundland: Busy Times, Exciting Times
Submitted By: Tanya Matthews, Western Regional Integrated Health Authority

The Tobacco Free Network (TFN) is a Committee of Western Regional Integrated Health Authority with partners from the Community. The TFN's main goal is to raise awareness of tobacco issues with the intent to decrease tobacco use in the Western Region. We have been working very hard to move this agenda forward and we are starting to see some very promising outcomes.



The TFN submitted a proposal to the Board of Health & Community Services Western for funding for an inpatient treatment program for smoking cessation. In December 2004, we received approval. Four weekend retreats will be offered to chronic smokers in the Western Region of the province. This is the first program of this nature to be offered in the province. The first retreat was scheduled for April 15-17, 2005. Subsequent retreats will be Fall 2005, and Spring and Fall 2006.

In January 2005, Health & Community Services Western submitted a proposal to Health Canada entitled TROY: Tobacco Reduction Operation by Youth. We just received word in March 2005 that this proposal was approved. The main goal of this proposal is to fund and support youth-led tobacco reduction initiatives. Phase I of the project, a regional orientation workshop for 28 junior & senior high schools throughout the region, was scheduled for May 2005. Following the workshop, schools were invited to submit letters of intent as application for a grant up to \$1500.00. In September 2005, 8-10 schools will be selected for Phase II of the project and will receive the funding to finance their tobacco reduction activities, which are to be implemented during the 2005-06 school year. Phase III is the final phase, and is centered around a youth retreat, bringing together representatives from each of the funded sites to share their experiences and to explore other issues that affect youth that they want to action.

Just so you know, when it rains, it pours! The TFN also recently received \$20,000.00 from the Department of Health & Community Services. A work plan and budget for this funding is being drafted. We are delighted to have the opportunity that this funding provides for moving some of our ideas forward.

For the icing on the cake, The Newfoundland and Labrador Lung Association has given the Western Tobacco Free Network a **Smokers' Helpline Vote of Thanks** for the significant contribution made to lung health in this province. Our efforts were acknowledged at a ceremony in St. John's on April 28.

As you can tell, we have been busy. Contributions from all partners have been the secret to this success. We are excited by these developments and our commitment to tobacco reduction has been renewed and revitalized. If you would like any further information on the Tobacco Free network of Western Newfoundland, contact Tanya Barnes Matthews at tanyamatthews@hcswnf.ca.



The Lung Association
Newfoundland & Labrador

Fight The Addiction

... we're in your corner!

Call Our Smokers' Helpline.

1-800-363-5864

www.smokershelp.net

It's free, it's friendly and it will help you breathe a little easier.



NLPHA Issues Joint Position Paper Regarding ATV Use Submitted By: Douglas Howse, Newsletter Editor

On November 5, 2004, the NLPHA joined forces with the Newfoundland and Labrador Medical Association (NLMA) and the Association of Registered Nurses of Newfoundland and Labrador (ARNNL) to issue a joint position statement on All-Terrain Vehicle (ATV) safety.

The group prepared the statement out of concern for the number of injuries and deaths related to ATV use in the province, the physical inability of young riders to control these vehicles, and the general physical inactivity of young people.

The statement made the following recommendations:

1. Legislate a minimum operator age of 16 years for ATVs.
2. Require mandatory training and licensing of operators.
3. Continue to ensure all ATVs are registered and licensed.
4. Legislate the compulsory use of helmets, eye protection and protective clothing.
5. Ban the use of three-wheeled ATVs.
6. Restrict the use of ATVs to off-road areas where there is not normally pedestrian or non-motorized vehicle use.
7. Educate the public about the risks associated with ATV use and the benefits of alternative, health-promoting physical activity.

On May 17, 2005, Government Services Minister Dianne Whalen, announced proposed changes to the existing legislation which would see the first of these recommendations met (with an exception in northern Labrador), with promises to institute a safety awareness campaign to promote the safe use of ATVs. Other proposed changes included:

- “Youth aged 14 and 15 are only permitted to operate ATVs that have a maximum engine size of 90cc, and under adult supervision. A person under 14 years of age is not permitted to operate any size ATV.
- A 12-month amnesty on the payment of provincial sales tax for the re-registration of used ATVs, which were not previously registered upon sale or transfer. This is meant to encourage owners to update the registration information of their ATVs. This will assist with enforcement.
- Increases in the fines and penalties for violations under the act and regulations to provide a greater deterrent against unsafe use.” (Government Services Press Release, May 17, 2005)

The NLPHA will continue to work with government and other stakeholders to bring about changes that will meet the remaining recommendations from the position paper.

The position paper can be read in its entirety at the following link:

www.cpha.ca/english/inside/branches/nfld-lab/p-papers/ATV_safety_ARNLL_NLMA_NLPHA_joi.pdf

Are you a member of NLPHA? If not, fill out the Membership Application found on page 5 of this Newsletter. Be a part of the ongoing work on public health issues.

Roundtable—Public Health Goals for Canada, April 29, 2005

Submitted by: **Fay Matthews, President Elect**

This roundtable was held as part of a national consultation process to define public health goals for Canada. Participants came from a variety of community agencies and cross departmental representatives of the provincial government. Federal Minister of State for Public Health, Carolyn Bennett and acting Minister of Health and Community Services, Loyola Sullivan attended the consultation.

Both Ministers spoke regarding the commitment of the Federal and Provincial governments to building public health capacity. Participants were asked to discuss and comment on a number of overarching and interrelated themes. These themes are: opportunities for healthy development and learning throughout life; supportive communities and healthy working environments; sustainable, diverse and safe environments; vulnerable populations; supports for personal choices, skills and capacities that enhance health; and an integrated supportive health system.

Roundtable attendees were asked to comment on the appropriateness of each theme and whether there were other themes which should be added. All participants had ample opportunity to discuss and also to highlight any concerns or issues.

The workbooks used at the roundtable are available on line at www.healthy Canadians.ca and can be used by anyone to provide feedback on the public health goals for Canada. The deadline for feedback is September 15, 2005.

Public Health's Top Ten Achievements of the 20th Century

Submitted by: **Douglas Howse, Newsletter Editor**

In 1999, the U.S. Centers for Disease Control (www.cdc.gov) announced ten of the most effective differences that the field of public health has made to improving the health of the public:

1. Vaccination
2. Motor-vehicle safety
3. Safer workplaces
4. Control of infectious diseases
5. Decline in deaths from coronary heart disease and stroke
6. Safer and healthier foods
7. Healthier mothers and babies
8. Family planning
9. Fluoridation of drinking water
10. Recognition of tobacco use as a health hazard

See the CPHA's "Working For You Toolkit" for more information about how public health services contribute to the health of the population:

<http://www.cpha.ca/toolkit/>

The CDC chose these advances "based on the opportunity for prevention and the impact on death, illness, and disability in the United States", and are not listed in order of importance (MMWR April 2, 1999/ 48(12); 241-243).

How does our province's health and public health efforts match up with this list? We can certainly claim to have achieved moderate to great advancement in some of these areas already, including the control of infectious diseases, family planning, and healthier mothers and babies. However, we will continue to face challenges from all ten of these issues throughout the 21st century. There is still much work ahead towards achieving health for all.

National Health-Related Days (Summer 2005)

(Taken from Health Canada: www.hc-sc.gc.ca/english/calendar.html)

June

ALS Awareness Month (Lou Gehrig's Disease)	www.als.ca
National Spina Bifida and Hydrocephalus Awareness Month	www.sbhac.ca
Seniors Month	www.seniors.gc.ca
Stroke Awareness Month	www.heartandstroke.ca
June 5-12 National Water Safety Week	www.redcross.ca
June 7-13 Sun Awareness Week	www.dermatology.ca
June 5-11 Canadian Environment Week	www.ec.gc.ca
June 14 World Blood Donor Day	www.bloodservices.ca
June 21 National Aboriginal Day	www.ainc-inac.gc.ca
June 26 International Day Against Drug Abuse and Illicit Trafficking	www.unac.org

July

July 11 World Population Day	www.unac.org
July 17 Canada's Parks Day	www.parksday.ca
July 23 National Drowning Prevention Day	www.lifesaving.org

August

Aug. 1-7 National Breastfeeding Week	www.waba.org.my
Aug. 9 International Day of the Aboriginal	www.unac.org
Aug. 12 International Youth Day	www.unac.org

Newfoundland and Labrador Public Health Association
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APPLICATION FOR MEMBERSHIP

Fee \$20.00 (Regular, Student, Retired)

Status: New Member _____ Renewal _____

Surname: _____ First Name: _____ Initial: _____

Position: _____ Agency: _____

Address: ?Home ?Work _____

PC: _____

Tel #: _____ Fax #: _____ Email: _____

Indicate your primary area(s) of interest: _____

Are you interested in serving on or chairing a subcommittee? Yes _____ No _____

FOR OFFICE USE: Date Application Received: _____ Date Receipt Issued: _____

Date Orientation Package Sent: _____

Newfoundland and Labrador Introduces Three New Vaccine Programs **Submitted By: Cathy O'Keefe, NLPHA Member, Communicable Disease Control Nurse**

As of January 2005 more children in Newfoundland and Labrador will have access to vaccines protecting them from varicella (chickenpox), pneumococcal and meningococcal-C disease. These three vaccines are now part of the children's immunization schedule, and fully aligned with programs offered in Canada.

Varicella and meningococcal-C vaccines are offered at 12 months, to all children born on or after January 2004. Pneumococcal vaccine is offered at ages 2, 4, 6 and 18 months to children born in 2005 (see Table 1). A catch-up program for varicella is offered for 4-6 year olds as they enter Kindergarten and meningococcal-C in grades 4 and 9 as part of the routine schedule (see Table 2). The majority of these programs are provided through public health nurses in well baby clinics and schools.

Dr. Minnie Wasmeier, President of the Newfoundland and Labrador Public Health Association, congratulated Minister Ottenheimer and his government for expanding the publicly-funded immunization program. "This is a great public health initiative that is fully supported by the association. Immunization is one of the most cost-effective means of protecting children against preventable diseases and keeping them out of hospital. This shows a commitment to keeping people healthy not just treating them when they are sick," said Dr. Wasmeier.

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Health Coalition Advocates for Healthy School Strategy to Address Childhood Obesity **Submitted By: Glendora Boland, NLPHA Member, Co-Chair Dietitians of NL**

Together as one voice, on May 10, 2005 the Newfoundland & Labrador Public Health Association joined the Dietitians of Newfoundland & Labrador, the Newfoundland & Labrador Medical Association, the Association of Registered Nurses of Newfoundland & Labrador, the Newfoundland & Labrador Association of Social Workers and Memorial University, School of Human Kinetics to publicly release a brief : "Healthy Eating in School Settings: Taking action to address obesity in children & youth."

The incidence of childhood obesity has rung an alarm bell among many professional groups whose mandate includes health promotion & disease prevention. As a coalition of health groups we are concerned without immediate & creative interventions, obesity in children & youth will continue to increase, creating a legacy of health problems in the future. Next to the family, the school community is one of the most influential factors in a child's development. We recognize the complexity of obesity, however, in developing this brief, we focused on the school age child and the opportunities the school setting provides. Schools are uniquely positioned to provide information on healthy eating & active living. The school environment can be used to model & promote healthy behaviours, and to make sure we are consistent with messages and practice in schools, homes & communities.

The brief summarized the key issues and identified best practices which should be implemented in the province's education system.. Six recommendations were made re. healthy eating and active living in the school environment The brief has been presented to the Ministers of Education, Health & Community Services & Tourism, Culture and recreation.

(Continued on page 7)



Glendora Boland talks to the media regarding the Healthy School Strategy. (Photo credit: CBC)

Newfoundland and Labrador Introduces Three New Vaccine Programs (cont'd)

(Continued from page 6)

Immunization Schedule Newfoundland and Labrador
Table 1. Routine Immunization Schedule for Children beginning series in early infancy:

Age	Vaccine
2 months	DaPTP/Hib & Pneu-C-7
4 months	DaPTP/Hib & Pneu-C-7
6 months	DaPTP/Hib & Pneu-C-7
12 months	MMR & V(aricella) & Men -C
18 months	DaPTP/Hib & MMR
4-6 years	DaPTP

DaPTP/Hib -PENTACEL™ protects against diphtheria, pertussis, tetanus, polio and Haemophilus influenza b.

MMR -MMRII™ protects against measles, mumps & rubella.

DaPTP - QUADRACEL™ protects against diphtheria, pertussis, tetanus and polio.

Pneu-C-7 - PREVNAR™ protects against 7 types of pneumococcal disease.

V - VARILRIX™ or VARIVAX III™ protects against varicella (chickenpox).

Men-C - MENINGITEC™ or MENINGUGATE™ protect against type C meningococcal disease.

Table 2. As part of the school health program :

Grade 4	Hep B (3 doses) & Men-C (catch-up with <u>one</u> of the HepB)
Grade 9	dTap & Men-C (catch-up)

HepB - RECOMBIVAX™ protects against hepatitis B

dTap - ADACEL™ protects from tetanus, diphtheria and pertussis

Health Coalition Advocates for Healthy School Strategy to Address Childhood Obesity (cont'd)

(Continued from page 6)

The government commitment to strengthen public health and wellness with a record investment of \$6 million in Budget 2005 is to be commended. The coalition recommends building on this investment by developing healthy school environments. Meaningful change will come with commitment, engagement & the promotion and involvement of government, parents, students, school staff & boards, school food providers and the community during the implementation process.

NLPHA Strategic Planning Process

Submitted By: Marilyn Fleming, Western Member at Large

Following a very successful hosting of the National CPHA Conference in June 2004 the membership of Newfoundland and Labrador Public Health Association (NLPHA) decided to build on the growth and energy from this event and agreed to support a Strategic Planning session for the fall, 2004.

The organization held a very successful strategic planning day in Gander on October 23, 2004. Nineteen members attended for an enjoyable day, facilitated by Bev White. The general comments from the October 26, 2004 meeting minutes captures the spirit – “the day was very enjoyable; a lot was achieved; good atmosphere; focused on task; and heartwarming that so many people gave up a Saturday to attend”.

Bev guided us through a process that included a pre-session membership survey, identification of issues for NLPHA, Mission Statement review, goal development, objectives development, and activity identification for the attainment of objectives. The results of this successful Strategic Planning session are:

Mission:

The mission of the NLPHA is to be an active public health voice to promote and support the health and well being of the people and communities of Newfoundland and Labrador.

Goals:

1. The NLPHA responds in a timely manner to current public health issues.
2. The NLPHA will be visible to the general public, decision makers, partners and members.
3. The NLPHA will conduct the general business of the organization.

(Continued on page 9)

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Bev White provides direction to the planning process.



Members discuss the future of the NLPHA.

NLPHA Strategic Planning Process (cont'd)

(Continued from page 8)

One may ask – “Why the Need for Strategic Planning”? The tried and true statement “if you don’t know where you are going – you can end up somewhere very different from the original destination” continues to answer that question.

At NLPHA we now have a Strategic Planning Focus for the period 2004 – 2006. It is a very busy, exciting and opportune time in the field of public health. This strategic plan will provide us, as a voluntary organization, the direction to provide leadership on many public health issues. We are up to the challenge – “Let’s Be Heard”.



Past President, Rosemarie Goodyear, presents a door prize to strategic planning participant, Mary Basha.

“Global Health Conference 2005” - Call For Abstracts Submitted By: Pat Murray, NLPHA Treasurer, CIPHI-NL Councilor

The Newfoundland and Labrador Branch of the Canadian Institute of Public Health Inspectors will hold its annual educational conference at Comfort Inn Airport (Airport Plaza Hotel), St. John’s, Newfoundland from October 24-25, 2005. The theme for the conference is “Global Health.” Emerging issues in Global Health will present new challenges for Public Health. This conference will focus on the following issues of Global Health:

1. Pandemic Influenza
2. Global Food Safety
3. Children's Environmental Health

You are invited to submit an abstract for this conference to share with others how you are making a difference. Abstracts should be in the following format:

Oral Presentations - Oral presentations will focus on issues related to practice, policy, research, program development, implementation and evaluation. Each presentation will be 30 minutes followed by a 15 minute discussion period.

Final decisions regarding acceptance of abstracts will be made by the Planning Committee. In your abstract, please explain the relevance of your work to the conference theme (maximum 200 words). In addition to the text, the abstract should include title, author(s) name and agency affiliation. All presenters are required to cover their own expenses to attend the conference; however, there will be no charge for conference registration. The abstract, along with contact information for the presenter, should be submitted by July 29, 2005, to the following address:

Mr. Patrick Murray
Central Regional Integrated Health Authority
143 Bennett Drive
Gander, NL A1V 2E6
Tel: (709) 651-6260 Fax: (709) 651-3341
Email: patmurray@gov.nf.ca



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Email: minniewasmeier@hcswnf.ca

We're on the Web!!
www.cpha.ca

We aim to promote and advocate for optimal health at individual and community levels.

The Newfoundland and Labrador Public Health Association (NLPHA) is a voluntary nonprofit provincial association with a community health perspective. NLPHA is affiliated with the Canadian Public Health Association (CPHA).

The Aim of NLPHA is to promote and advocate for optimal health at individual and community levels. NLPHA achieves this aim by:

- advocating for public health principles in individual and community health
- communicating a public health view on individual and community health issues
- increasing awareness of public health issues
- providing an effective forum for health information sharing
- advocating for provincial health goals and healthy public policy
- effectively managing the business of NLPHA.

The Membership Fee is \$20.00 per year

NLPHA Meetings Members of the NLPHA meet by teleconference on the fourth Tuesday of the month, from 12 noon to 2:00 p.m. (Island time).

NLPHA Executive - Who We Are.....

NLPHA Executive Members

President: Minnie Wasmeier (Corner Brook)

Past President: Rosemarie Goodyear (Gander)

President Elect: Fay Matthews

Secretary: Sue Froude (Corner Brook)

Treasurer: Pat Murray (Gander)

Newsletter Editor: Douglas Howse (St. John's)

Members at Large

Labrador: Gwen Elliott (Happy Valley-Goose Bay)

Northern: Helen Dyson

Western: Marilyn Fleming (Corner Brook)

Central: Nancy Culleton (Gander)

Eastern: Melissa Caravan (Carbonear)

St. John's: Margie Coombes

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