



Niagara  **Region**

Building Community. Building Lives.

Public Health Programs and Services



*“Building Communities
Building Lives.”*





Niagara Region

PUBLIC HEALTH

Niagara Region Public Health is committed to the public health needs of our community. We demonstrate this commitment through health protection, disease prevention, health promotion, and injury prevention programs.

We offer a complete range of public health programs to:

Promote:

- healthy child development and healthy parenting.
- positive mental, reproductive, sexual, dental, and heart health.
- early detection of cancer.

Prevent:

- substance abuse and tobacco use.
- chronic diseases and injuries.
- infectious diseases through clinical services such as immunization and sexual health counselling.

Protect:

- our communities from communicable and infectious diseases and environmental hazards in food, water, air, and soil.
- our communities by preparing for, responding to, and recovering from emergency situations.
- residents and visitors by providing emergency medical services.

Through our team of skilled health professionals, we work closely with our community to improve the social and physical environments where we live, learn, work, and play so residents can reach their full health potential.



Program Information

Chronic Disease Prevention

Provides information and resources about healthy eating, tobacco-free and active living to reduce the risk of heart disease, stroke, cancer, obesity, and chronic lung diseases such as emphysema. Promotes sun safety and early detection of breast and cervical cancer. A Healthy Living Niagara community partner and sponsor of the Community Food Advisor and Physical Activity Advisor programs.

Dental Health

Provides needs assessments, screening and preventive services to pre-school and school-aged children. Accesses funding for emergency or essential dental treatment for children whose parents have no dental insurance or who qualify for financial assistance. Provides assessments to Ontario Works adults who require emergency dental treatment. Provides pre-cancer screening, denture cleaning and labeling services, to long-term care facilities upon request.

Eat Smart! Award Program

Recognizes and promotes Niagara restaurants, workplaces and school cafeterias that meet provincially specified standards for offering healthy food choices, tobacco-free environments, and safe food handling practices.



Environmental Health Inspection

Investigates public concerns about environmental health hazards. Inspects migrant farm worker housing, public swimming pools, spas, and specified beaches. Conducts inspections of tattoo parlours, nursing homes, and daycares to ensure proper infection control practices are in place. Provides 24 hours, seven days a week emergency on-call service. Conducts mosquito monitoring to identify West Nile Virus in the community.

Epidemiology

Provides disease surveillance and investigation, health status studies, and assessments of community needs.

Food Safety

Provides information, support and training on how to handle food safely; and conducts education sessions to certify food handlers. Investigates complaints and suspected cases of food poisoning. Inspects food premises such as restaurants, cafeterias, and institutional kitchens (i.e. nursing homes and daycares). Maintains the public food disclosure system called NiagaraInfoDine. Responsible for food recalls.

Health Bus

Provides basic medical and dental care to those in need via a bus that makes regular stops at locations throughout Niagara.



Healthy Babies / Parent Child

Offers a province-wide program for all expectant parents and families with children up to age six. Provides health information based on individual family needs, such as a telephone call to all new mothers and families, family home visits, parenting groups, breastfeeding information and clinics; and current, reliable information about child development, health, and well-being. Provides support and information through the Parent Talk Information Line.

Immunization

Reviews and holds immunization records for all children in Niagara from infancy through to adulthood. Offers vaccine clinics in schools for certain free childhood and adolescent vaccinations. Assesses and monitors all vaccine storage and handling practices in physician's offices, long-term care facilities and hospitals. Distributes publicly funded vaccines to all local physicians.

Infant and Child Development Services

Provides individualized service based on the child's development and family concerns. Is an in-home, family-centred early intervention program for children from birth to five years of age who may be developing more slowly than expected or their development is at risk.



Infection Prevention and Control

Investigates and responds to all reportable infectious diseases in the community, including institutions, child care centres, and schools. Provides counselling, consultation and health education, infection control, and policies and procedures for health care facilities. Promotes safe international travel through the Travel Health Niagara clinic.

“Committed to promoting and prot



Injury Prevention

Helps people learn how to be safe in their everyday lives. Promotes safety throughout Niagara in the home and on the road (in vehicles, e.g. child car seats).



Medical Officer of Health

The Medical Officer of Health and Associate Medical Officers of Health are accountable for the general health and well-being of Niagara's 430,000 residents and act as the public voice at a local, provincial, and federal level for the current and changing health needs of our community. They are responsible for identifying potential health risks and coordinating a local response. They must interpret and act upon emerging information regarding potential threats to the health of the community. As the local lead on public health issues, they support local health care providers and community partners in an effective and responsive fashion.

They possess a solid foundation in scientific, medical, and clinical fields, as well as risk management and communication skills. They play a lead role in health promotion and in delivering those messages to each of our particular communities.

Mental Health

Provides service to people over 16 years of age experiencing serious and persistent mental health problems. Helps clients understand their symptoms, assisting them with setting goals and developing plans which will help them live as independently as possible. Provides assessment, treatment, counselling and support through case management, assertive community treatment, early intervention in psychosis, support groups, and specialized geriatric case management.

Protecting the health of Niagara residents in ways that meet their ever-changing needs.”



Niagara Emergency Medical Services (EMS)

Serves as the front-line to our emergency health care system and plays a critical role in the delivery of pre-hospital care and treatment. Is made up of paramedics and communications service teams, committed to the safety and well-being of all residents and visitors to Niagara. Aims to maintain the quality of life of our region by providing outstanding emergency medical services.

Rabies

Investigates and responds to reports of animal bites and promotes vaccination of dogs and cats. Conducts educational sessions in schools.

Reproductive Health Program

Provides education and information before pregnancy, during pregnancy, and after the birth of the baby. Offers prenatal classes. Provides policy consultation about preconception and healthy pregnancies in the workplace.

School Health

Provides health promotion programming to students aged 4 to 18 years, their parents, principals, and teachers, in school and community settings. Information, resources, consultation services, and curriculum supports are offered regarding a number of health-related topics.



Substance Abuse Prevention

Offers information and support to community programs, groups and schools about the prevention of substance abuse (alcohol, tobacco, and drugs) among youth, adults, and seniors. Provides consultation on the development of policies for workplaces and municipalities.

Tobacco Prevention Control

Provides information and supports to help people quit smoking. Educates people about the dangers of second-hand smoke. Delivers programs to encourage youth to never start smoking and live smoke-free. Responsible for the proactive enforcement of tobacco legislation.

Sexual Health

Provides free, non-judgemental, and confidential services throughout the four Sexual Health clinic locations. Provides education and counselling, to promote a positive sexual health lifestyle regarding sexual orientation, relationships, decision-making, and personal responsibility. Offers sexually transmitted infection testing and treatment, contraception counselling, birth control pills at a reduced price, pregnancy testing, emergency contraception, and physician or nurse practitioner sexual health assessment and follow-up.

Workplace Wellness

Provides assistance and resources to workplaces in developing wellness programs that prevent chronic disease including increased physical activity, healthy eating, smoking cessation, and stress management.



For confidential health information, call:

The Health Connection Line

905-688-8248 or 1-888-505-6074

- **Child Car Seat Line, ext. 7362**

Information on car seat safety, including troubleshooting and free classes.

- **Dental Health Line, ext. 7201**

Information on dental programs and services.

- **Health Bus Line, ext. 7512**

Information and schedule of community stops made by the mobile clinic.

- **Immunization Reporting Line, ext. 7459**

For parents to report their child's immunization(s).

- **Pandemic Info Line, ext. 7765**

Personal preparedness and the Niagara Region Influenza Pandemic Plan.

- **Parent Talk Information Line, ext. 7555**

Parenting information on pre-pregnancy, pregnancy, parenting of infancy through adolescence; breastfeeding information and clinics; child care and Ontario Early Years Centres; course registration and post partum depression support group.

- **Tobacco Hotline, ext. 7393**

Information about the health risks of smoking, ways to quit, and the laws that apply to smoking.

- **Travel Health Niagara Line, ext. 7383**

Information on safe and healthy international travel or to book an appointment for our Travel Health Clinic.

**For more information please visit:
www.niagararegion.ca**





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Branch Offices

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Sexual Health Centre

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Sexual Health Centre

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Fort Erie

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Sexual Health Centre

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St. Catharines

Sexual Health Centre

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Niagara-on-the-Lake

Emergency Services Division

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