



Haliburton, Kawartha, Pine Ridge District Health Unit
2022 Annual Report

A Year of Restoration

TRUST • ENGAGEMENT • ACCOUNTABILITY • LEADERSHIP

Healthy People
Healthy Communities



hkpr.on.ca
1-866-888-4577

Message from the Medical Officer of Health and CEO



I am pleased to present the HKPR District Health Unit's 2022 Annual Report.

It goes without saying that since the start of the COVID-19 pandemic on March 11, 2020, we have all felt and experienced a range of impacts, whether it be individually, within our families, and/or collectively as a community. As a local public health agency, we certainly felt the impact. While our ongoing COVID-19 response efforts did not waver, this year we began to restore other priority public health programs and services.

In December 2021, a fifth wave of COVID-19 started fuelled by the Omicron variant, which subsequently became the dominant strain within Ontario. Characterized as the fastest spreading COVID-19 variant yet, it quickly spread throughout the province putting tremendous pressure on our health care system. The HKPR District Health Unit stepped up efforts to support the community through data surveillance and reporting, case and outbreak management, and infection prevention and control support for congregate settings. We remained committed to immunization efforts and steadfast and transparent with our communications to the County of Haliburton, City of Kawartha Lakes and Northumberland County communities.

Near the beginning of 2022, it became clear that the COVID-19 virus was here to stay and that other important

public health work that had been pushed to the side during the response, could no longer wait until the pandemic ended. Not only had some public health programs been "offline" for 2 years, but it was also clear that the pandemic had had negative impacts on other areas of health such as mental health, problematic substance use, and early childhood development. As such, the health unit developed a three-pronged approach to enable us to pivot between pandemic response and program restoration. This approach focused on our ability to prioritize activities as we worked to rebuild capacity while resuming public health programs and services. Wherever possible, we worked to incorporate lessons learned from our pandemic response and build on the many partnerships that had been strengthened throughout the pandemic.

I would like to reflect on a few key words: "perseverance, resiliency and collaboration." Throughout 2022 we continued to work collaboratively with community partners within the business, health, education, emergency services, municipal government, and Indigenous communities. There were challenges but working together we persevered. We showed resiliency as our team restored programs and services. The health unit demonstrated time and again, the importance of a strong public health system and the key role that we play in helping to keep our communities healthy.

Yours in health,

Dr. Natalie Bocking, MD, MIPH, CCFP, FRCPC (she/her)
 Medical Officer of Health and Chief Executive Officer
 HKPR District Health Unit



Members of the Board of Health



John Henderson, Vice-Chair
Northumberland County



Tracy Richardson
City of Kawartha Lakes



Andrea Roberts
County of Haliburton



Doug Elmslie, Chair
City of Kawartha Lakes



David Marshall
Provincial Appointee



Bill Cane
Northumberland County



Bob Crate
Northumberland County



2019-2024 Strategic Plan

HKPR District Health Unit's annual report provides an overview of public health programs and services in our community, including a financial report. The strategic plan guides our day-to-day decisions, actions, and continues to set a course for success outlining measurable goals along the way. Due to the interruption the COVID-19 pandemic response had on the 2019-2023 Strategic Plan, the Board of Health moved to extend the plan by an additional year, now ending in 2024. HKPR District Health Unit's 2019-2024 Strategic Plan is integral to achieving success while remaining accountable to the communities we serve.

Our Vision
Healthy People, Healthy Communities

Our Mission
We work with our partners to improve the health of people in our communities.

Key Accomplishments

The Strategic Plan Steering Committee is responsible for the ongoing implementation, progress, and success of the current plan. In October 2022, a [2019-2023 Strategic Plan Progress Report](#) was presented to the Board of Health providing updates on each strategic objective and the status of each applicable work task (completed, in progress or not yet started).


 HALLBURTON, KAWARTHA,
PINE RIDGE DISTRICT
HEALTH UNIT

HKPR District Health Unit
2019-2023 Strategic Plan
 Progress Report

The HKPR District Health Unit made positive progress as outlined within the key accomplishments below for each strategic objective of lead, partner and deliver.



LEAD

Goal:
Invest in our employees so they can provide the public health services needed in our communities.

- Completed a recommendations report for the People Strategy.



PARTNER

Goal:
Visibly share our unique knowledge and skills with community partners so we can work together to improve the health of our communities.

- Developed population health assessment and surveillance reports and posted for public consumption.



DELIVER

Goal #1:
Improve client-centred services and accessibility.

Goal #2:
Prioritize our resources & efforts so we see the greatest health impact.

- Completed a recommendations report for the organization
- Developed customer experience standards for the organization.
- Developed an Indigenous engagement strategy for the organization.
- Planned and implemented Indigenous cultural competency training for staff and management.
- Procured an electronic health record and recruited a Health Informatics Specialist to lead this.



Public Health Snapshot



467

complaints were responded to by our Public Health Inspectors and Tobacco Control Officers



794

parents and families were supported through our Healthy Babies Healthy Children program



56

Boil Water Orders and Advisories



8,461

positive COVID-19 case investigations completed



168

COVID-19 outbreaks managed



50

Public and Provincial Beaches monitored



625,622

views reported on our website



99

ticks collected and tested for vector-borne diseases



2,265

inspections of food premises



157

Feeding and Nutrition Clinic appointments (virtual and in-person)



1,906

Naloxone kits distributed to partners



1,201

reports of communicable and infectious diseases reviewed



139,381

vaccines distributed to partners (not including COVID-19 vaccines)



567

animal bite investigations

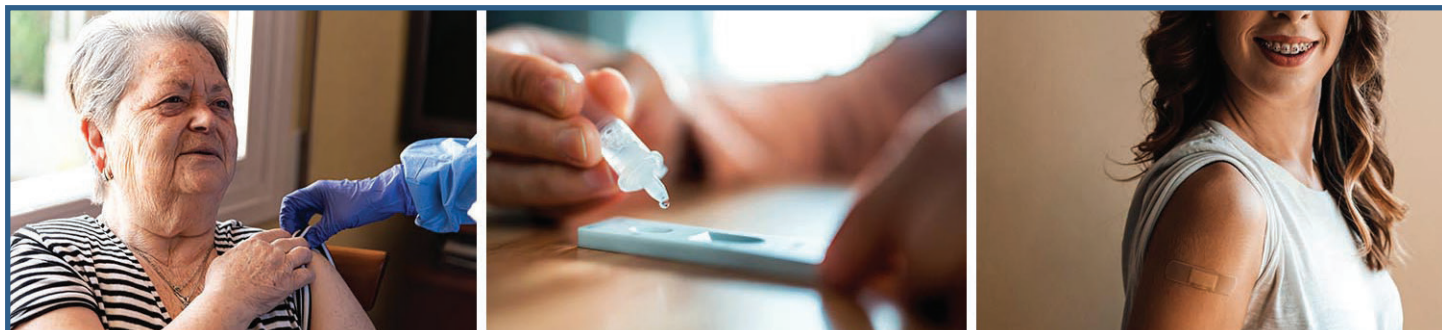


386

inspections of other premises (recreational camps, childcare facilities, group homes)



COVID-19 Pandemic Response



Cases and Outbreaks

During 2022, the HKPR District Health Unit continued to provide case management and contact tracing for COVID-19. Our teams completed case investigations on 8,461 confirmed cases of COVID-19. A team of nurses, public health inspectors, administrative professionals, as well as dietitians, food workers, health promoters, and dental hygienists redeployed to this team, worked closely with individuals to assess their symptoms, and provide important instructions for self-isolation and self-monitoring, to ensure individuals' health and well-being and prevent broader community spread of COVID-19.

In addition to case management, the HKPR District Health Unit declared and managed 168 outbreaks among local workplaces, schools, childcare centres, long-term care homes, retirement homes, congregate living settings, and hospitals.

Statistics to Highlight:



8,567 confirmed cases
168 outbreaks managed

Enforcement and Community Safety

The HKPR District Health Unit responded to 24 complaints from a variety of sources, which led to no tickets issued under the province's Reopening Ontario Act and

the Emergency Management and Civil Protection Act. Taking a progressive enforcement approach, HKPR's Public Health Inspectors and Tobacco and Vaping Enforcement Officers visited facilities to provide education and conduct audits and inspections to ensure compliance with the regulations. . On March 9, 2022, the Ontario government announced a plan to bring an end to all COVID-19 restrictions by April 27, 2022.

Vaccination

The HKPR District Health Unit's rollout of the COVID-19 vaccine continued while working collaboratively with municipalities within Northumberland County, the City of Kawartha Lakes and the County of Haliburton, our health care partners, hospitals, family health teams, community health centres, Ontario Health Teams, paramedicine services, midwives, long-term care homes, retirement homes, congregate living settings, correctional facilities and pharmacies to establish and operate mass immunization clinics across the three counties we serve.

Through collective community efforts, 135,728 doses of COVID-19 vaccine were administered in 2022 at mass vaccination clinics, primary care offices, pharmacies, schools, and mobile clinics. This phased roll out was balanced with the rise and decline of cases of COVID-19, with a focus on vulnerable populations, as the nation progressed through each wave of COVID-19.



COVID-19 Pandemic Response



By the end of 2022, 79.6% of the local population had received two doses of a COVID-19 vaccine.

Stats to Highlight:

- **54,833** vaccines administered by HKPR, excluding doses administered by pharmacies.
- **139,919** vaccines administered in total, including doses administered by pharmacies.
- **77** different HKPR District Health Unit vaccination locations, including clinics run at long-term care homes and retirement homes.
- **154** different partner-collaborated vaccination locations including hospitals, primary care, paramedicine, long-term care homes and retirement homes.
- **55** vaccine locations were operated by pharmacies.
- **82.1%** of eligible residents¹ who received their first dose as of December 31, 2022. *
- **79.6%** of eligible residents¹ who received their second dose as of December 31, 2022. *
- **68.4%** of eligible residents² who received their third dose as of December 31, 2022. *

Throughout 2022, our COVID-19 Response Team continued to focus on serving and supporting the populations disproportionately impacted by the pandemic that faced barriers to prevention, testing and

vaccination. Using a community engagement approach, our teams worked closely with community partners to acknowledge barriers and address inequalities by implementing measures to allow all individuals access to COVID-related information, testing and vaccination.

We want to thank our partners for their support, knowledge, and resources in meeting the needs of our communities including the Government of Canada, Government of Ontario and the Ministry of Health, County of Haliburton, City of Kawartha Lakes and Northumberland County, school boards, hospitals and health care agencies, community health centers and social services providers, surrounding Public Health Units, as well as testing and vaccination partners. We also want to thank the residents and business owners for their efforts and support in keeping our community healthy.

Between September 1 – December 31, 2022, 81.2% of eligible³ HKPR District Health Unit residents had received a Fall Booster dose (43,797 received the COVID-19 Fall Booster dose/53,950 eligible)

¹ Eligible population includes all residents over 6 months of age for doses 1 and 2.

² Eligible population for booster dose includes all residents over five years of age who had received two doses of a COVID-19 vaccine and had not receive a COVID-19 vaccine in the previous 6-months (before September 1).

³ Eligible population for Fall-Booster dose includes all residents over five years of age who had received two doses of a COVID-19 vaccine and had not receive a COVID-19 vaccine in the previous six months (from September 1 – December 31).



Programs and Services Restoration

In February 2022, the HKPR District Health Unit once again turned its attention to priority program restoration while also managing the demands of the pandemic. At this point some of the Ontario Public Health Standards (OPHS) programs had been offline and staff redeployed for almost two years. The health unit faced many of the same challenges that other organizations encountered with program restoration, which included the following:

- Loss of experienced staff, due to pandemic coinciding with the baby boomer generation meeting retirement age.
- Difficulties recruiting nurses.
- Community needs had changed during the pandemic.
- Many health promotion programs were dependent upon the readiness of partners to restore programming.
- The need to continue to respond to COVID-19 activities, while recovering and restoring programs.

To break the cycle of being pulled back from program restoration to COVID-19 pandemic response several strategies were implemented. The following section provides an overview of the health unit’s programs and services delivered in 2022.

Three-Pronged Approach Model

In this model, health unit resources were divided between one of three streams, which were 1) COVID-19 Response, which included case management and outbreaks and COVID-19 Immunization; 2) Recovery and Program Restoration, which focused on research, evaluation, program planning, and 3) OPHS Program Delivery.

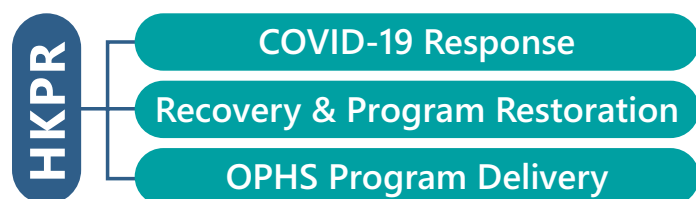


Table 1: Three-Pronged Approach Model

Program Restoration Process and Results

The HKPR District Health Unit prioritized the return of programs that supported the known negative impacts of the COVID-19 pandemic on the community, including:

- Increased mental health concerns.
- Increased reports of domestic violence.
- Increased food insecurity concerns.
- Children and youth behind on their immunization schedules.
- A significant increase in opioid related deaths.

The health unit also planned for the expected return of fall influenza cases as COVID-19 cases decreased.

Program restoration, after a long response, showed itself to be more difficult than the off-boarding process. Staff had been redeployed for over a year, most were exhausted from the response and overtime required.



Programs and Services Restoration



Oral Health

Over 5,600 children participated in our oral health school screening which targeted Junior and Senior Kindergarten and grades two and four. Comparing the 2022/23 school screening year with 2018/19 (the last full year of screening prior to Covid) we saw a 1 per cent increase in the number of Child Urgent Care cases. We also saw a 4 per cent increase in the number of children who had gingivitis and calculus (hard plaque) requiring scaling. These are indicators of poor oral hygiene, possibly due to the absence of school screening and lack of access to dental services during the pandemic.



Healthy Schools Department, School Health Team

As public health engaged in recovery efforts, the emphasis of the School Health Team (SHT) was to transition to the Ontario Public Health Standard School Health Program Standard. In the 2022/23 school year, the SHT completed 53 school assessments and implemented 25 individualized school action plans addressing key health topics such as mental health, vaping and substance use, sexual health, and infectious diseases. Implemented activities included Brain Day mental health workshops, provincial programs such as Playground Activity Leadership in Schools Program (PALS) and Not An Experiment (NAE) vaping escape room activities.



Substance Use Prevention and Harm Reduction

Some core harm reduction services were maintained throughout the pandemic such as the needle exchange program, the provision of naloxone distribution, the implementation of the KnowMore Opioid Overdose Surveillance Dashboard, and the opioid response plan. In the Fall of 2022, the health unit harm reduction team enhanced Naloxone distribution efforts, worked with partners to have community needle disposal units installed and began to restart the Haliburton, Kawartha Lakes, and Northumberland County Drug Strategy.



Healthy Growth & Development and Infant Feeding

The healthy growth and development of families were the focus of recovery efforts with perinatal mental health as a priority. The Care Pathway for the Management of Perinatal Mental Health was adopted to ensure best practice. Health care providers received 35 prenatal education packages offering an online Injoy prenatal course to 499 clients. The Healthy Babies Health Children program saw 643 families visited to ensure a healthy pregnancy and birth. In terms of clinical services, 157 Infant Feeding and Nutrition Clinic appointments were provided with 280 postpartum calls made to support parents. The Enhanced 18-Month Well-Baby Visit referred families to complete a developmental checklist and connect with their health care provider.



Communication Services

Throughout 2022, our Communication Services Department continued to provide timely, accurate and reliable information as it related to the COVID-19 pandemic, but also focused on promoting some of our core public health programs and services that were restoring.

2022 Key Public Health Topics Communicated

- COVID-19 Information
- Food Insecurity
- Prevention of West Nile Virus and Lyme Disease
- Promotion of Prenatal Program
- Blue-Green Algae, Yellow Scum and Foam Advisories
- Reduced-Cost Rabies Vaccination Clinics
- Immunization Clinics

Our Communication Channel Metrics and Reach

Utilizing a variety of communication channels, our Communication Services Department ensures important public health information is provided in a variety of ways ranging from our social media presence, website, local papers (print and online), television and radio. We also participate in a variety of media interviews from local to mainstream radio and regular appearances on programs invested in public health. Using daily communication strategies, the HKPR District Health Unit prioritized sharing vital information, including statistics, vaccination, outbreaks, testing and public health restrictions as well as the promotion of core public health programs.

Here is a snapshot of the ways in which we communicated, our total coverage and our audience reach:





- We received **908** total media coverage (28% was COVID-19 related) (compared to 2,021 in 2021, 972 in 2020, 428 in 2019, and 454 in 2018)
- We issued **70** communication pieces including media releases and advisories.
- We hosted **16** media information sessions.

Website Metrics (hkpr.on.ca)

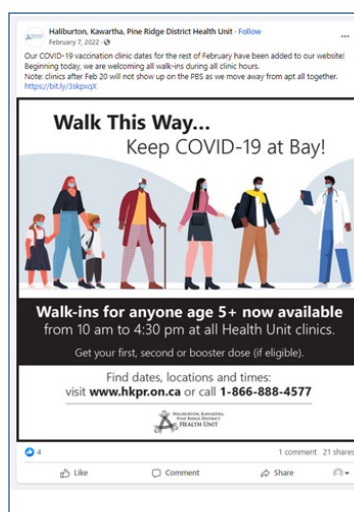
- **625,622** views
- **202,345** unique visitors

Social Media Metrics

- **744,000** total post impressions
- **211,000** total page and profile reach

| | |
|---|--|
|  | 4,600 followers 1.1M page reach, 2M impressions |
|  | 580 followers 38,000 profile reach 41,000 post impressions |
|  | 3,300 followers 2,200 tweets 1.2M post impressions |
|  | 793 followers 3,000 page impressions |
|  | 1.65K followers |

Our social media post that was the most engaging for the 2022 year was one in which we introduced walk-in clinic hours at our health unit locations for those aged five years and up. This post received 5,045 impressions!



Providing Data and Surveillance



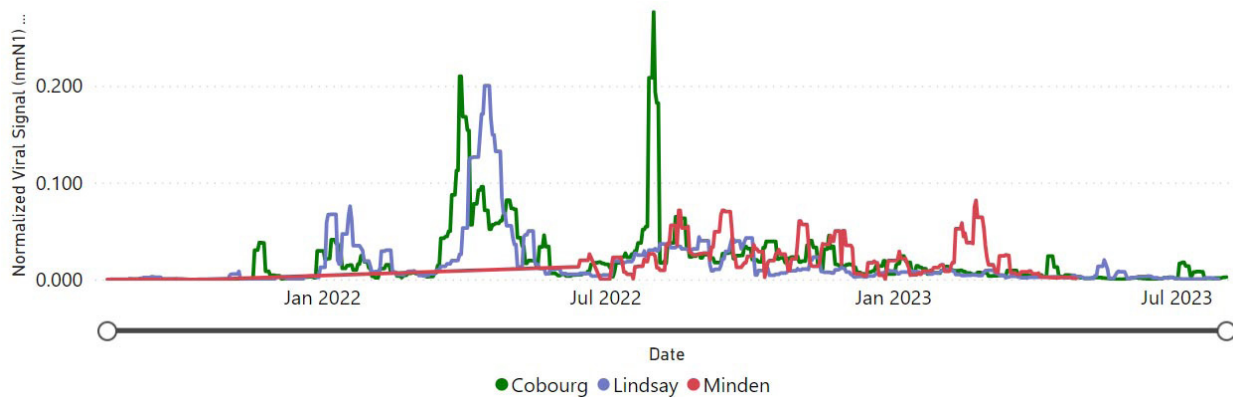
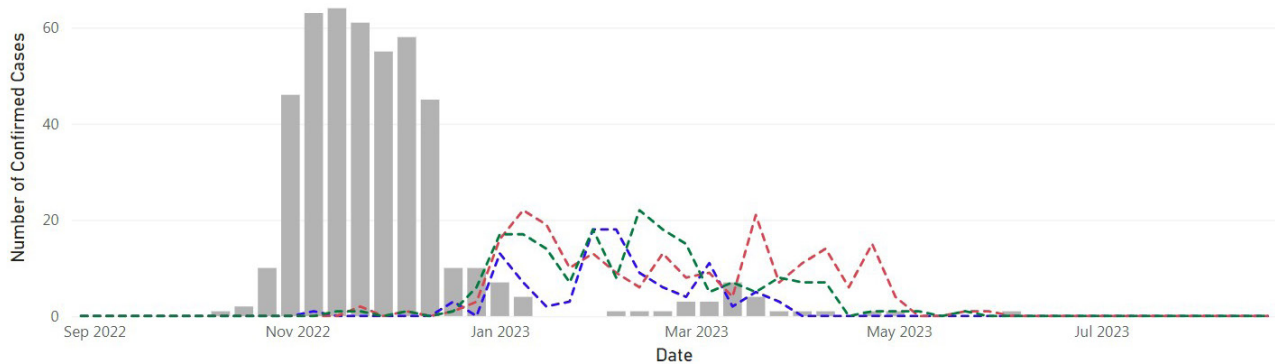
Our Foundational Standards Division is responsible for Population Health Assessment and Surveillance, Health Equity and Effective Public Health Practice in alignment with the Ontario Public Health Standards for public health programs and services.

Surveillance Dashboards

In September 2022, we released a new Respiratory Diseases Dashboard that provided both COVID-19 activity and influenza activity conveniently separated into three sections: Overview, COVID-19 Activity and Influenza Activity.

Wastewater Surveillance

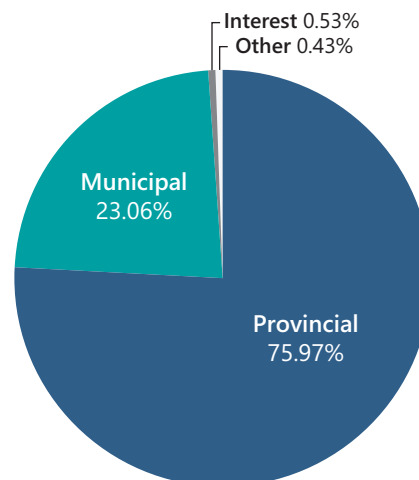
We partnered with the Ontario Ministry of the Environment, Conservation and Parks within their Ontario Wastewater Surveillance Initiative to monitor SARS-CoV-2 trends in wastewater. This emerging tracking tool shows the patterns of community transmission in conjunction with COVID-19 testing, cases reported, hospitalizations and outbreaks. The communities we currently provide wastewater surveillance data for include three sites: Cobourg, Lindsay, and Minden. The Wastewater Surveillance data is represented on our Respiratory Diseases Dashboard.



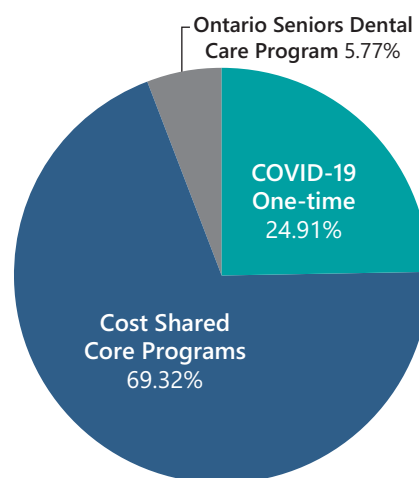
Financial Overview

HKPR District Health Unit Financial Statement for the year ended December 31, 2022.

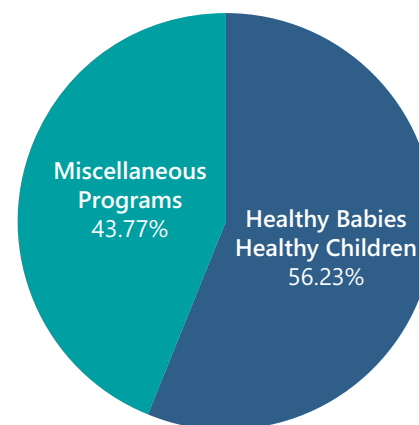
| Funding Sources | Amount |
|----------------------|---------------------|
| Provincial | \$18,316,469 |
| Municipal | \$5,558,793 |
| Interest | \$131,107 |
| Other | \$104,219 |
| Total Revenue | \$24,110,588 |



| Operating Results | Amount |
|---|---------------------|
| Expenditure by Program | |
| COVID-19 - One-time | \$5,540,904 |
| Cost Shared Core Programs | \$15,423,100 |
| Ontario Seniors Dental Care Program | \$1,284,556 |
| Total Provincial Cost Shared Program | \$22,248,560 |



| Supplementary Programs | Amount |
|--|--------------------|
| Healthy Babies Healthy Children | \$1,070,980 |
| Miscellaneous Programs | \$833,710 |
| Total Supplementary Funded Programs | \$1,904,690 |



HKPR District Health Unit 2022 Annual Report

As part of the Ontario Public Health Organizational Standards, the HKPR District Health Unit is required to produce an annual financial and performance report to the communities we serve. This report provides a look at both ongoing programs and services and highlights any new public health issues that are emerging in our communities.

For a printed copy or for more information, contact:

Communication Services Department
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