Healthy Aging

Understanding Public Health's Role

Laryssa Vares, Public Health Nurse Laura Cousineau, Health Promoter

Health Promotion and Vaccine Preventable Diseases Division

Thursday, June 20, 2024





Administrative Assistant Hélène Leroux Executive Assistant and
Secretary to the Board of Health
Rachel Quesnel

Board of Health

Acting Medical Officer of Health and Chief Executive Officer

Dr. M. Mustafa Hirji

Associate Medical Officer of Health Vacant

Corporate Services Division Director France Quirion Health Protection Division Director Stacey Laforest Health Promotion and Vaccine Preventable
Diseases Division

Director

Chief Nursing Officer Stacey Gilbeau Knowledge and Strategic Services Division Director Renée St Onge

Indigenous Public Health Director Kathy Dokis

Sample of program areas:
 Accounting
Client/Reception Services
 Facilities
Human Resources
Information Technology
Privacy and Access
to Information

Quality
Records Management
Risk Management
Volunteer Resources

Sample of program areas:

Emergency Management Food Safety

Health Hazard Prevention and Management Healthy Built and Natural Environments Infectious and Communicable Disease Prevention and Control (including Rabies and Vectorborne Diseases)

Part 8/Ontario Building Code (Septic Systems)
Safe Water

Sexual Health, Sexually Transmitted Infections and Blood-borne Infections (including HIV)

Prenatal and Postnatal Nurse Practitioner
Smoke Free Enforcement

Tuberculosis Prevention and Control

Sample of program areas:

Family Health

Healthy Babies Healthy Children

Healthy Communities

Injury Prevention

Mental Health and Substance Use

Oral Health

Prevention of Chronic Diseases

(Healthy Eating, Healthy Weights, Sleep, Comprehensive Tobacco Control, Physical Activity,

Exposure to Ultraviolet Radiation, Alcohol Use)
School Health

Vaccine Preventable Diseases (includes COVID-19)

Vision Health Screening

Workplace Wellness

Sample of program areas:

Health Equity

Performance Monitoring Population Health

Assessment

and Surveillance

Program Evaluation

Research and Knowledge

Exchange

Staff Development

Student Education Communications

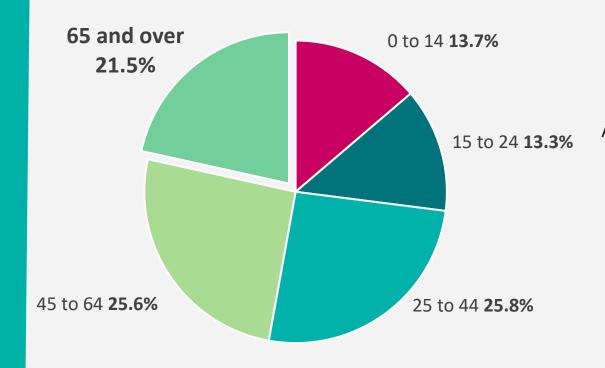
Strategic Planning

Sample of program areas: Indigenous Engagement

R: March 18, 2024

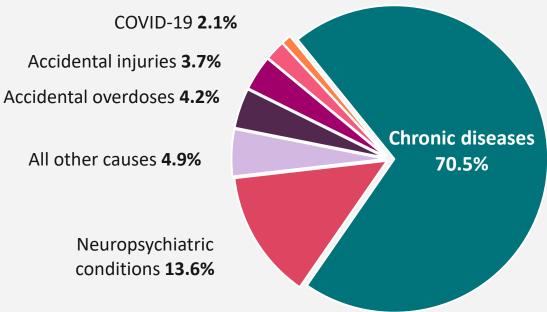
Aging population

Age demographics Sudbury and districts, 2024



Causes of death in Sudbury and districts, 2021

Influenza/respiratory infections **1.0**%



Source: Ontario Mortality Data 2021, Ontario Ministry of Health, IntelliHEALTH Ontario, Extracted October 31, 2023 Source: Population Projections County (Statistics Canada & Ontario Ministry of Finance), MOHLTC, IntelliHEALTH Ontario. Data extracted May 15, 2024

Healthy aging

"Lifelong process of optimizing opportunities for improving and preserving health and physical, social and mental wellness, independence, quality of life and enhancing successful life-course transitions."

(Public Health Agency of Canada, 2020)

Ageism & social isolation

 Ageism: "the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age." (World Health Organization, 2021)

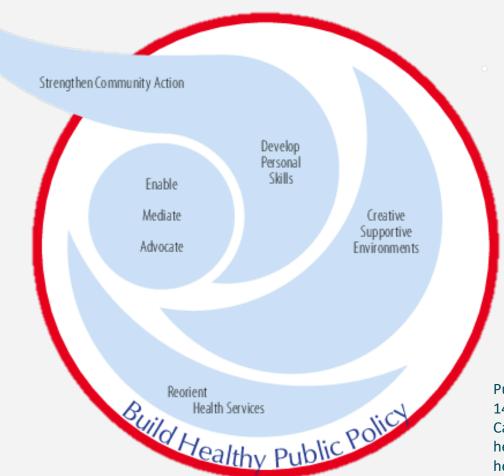
• **Social isolation:** the objective state of having a small network and thus few or interactions with others



Pillars of an Age-Friendly Community



Public Health's role in healthy aging



Public Health Agency of Canada. (2017, November 14). Ottawa Charter for Health Promotion.
Canada.ca. https://www.canada.ca/en/public-health/services/health-promotion/population-health/ottawa-charter-health-promotion-international-conference-on-health-promotion.html

Meet Joan

- 78 years old
- recently widowed
- adult children live out of town
- does not drive
- fixed income
- wants to continue living in her home



An ageunfriendly community...



An agefriendly community...



How does this community impact Joan?





How did Public Health enable Joan to age-in-place?

- participate in committees and groups including local Age-Friendly Community committees
- advocate for social, natural, and built environments that promote healthy aging
- provide services, coordinate programs, navigate systems, and aim to reduce duplication

Thank you. Merci. Miigwetch.



Copyright ©

This presentation was prepared by Public Health Sudbury & Districts.

This resource may be reproduced, for educational purposes, on the condition that full credit is given to Public Health Sudbury & Districts.

This resource may not be reproduced or used for revenue generation purposes.

© 2024, Public Health Sudbury & Districts