



HALDIMAND-NORFOLK HEALTH UNIT

PHYSICIANS' NEWSLETTER

Statistics Canada Notifies Physicians That Survey Is Underway In Area

Statistics Canada's Canadian Health Measures Survey (CHMS) is currently collecting data from participants across a large area south of Brantford, including areas served by the Haldimand-Norfolk Health Unit.

Statistics Canada is informing physicians that they might be contacted by their patients who, after participating in this survey, could be seeking further explanation of certain results.

This is the third of the survey's 16 collection sites across Canada. About 350 randomly-chosen residents began participating in the CHMS on a voluntary basis in November, continuing into January.

Participants are drawn from Simcoe, Caledonia, Dunnville, Aylmer, Dehli, Port Dover, Waterford, Smithville and other communities in Norfolk, Haldimand and Elgin counties, as well as West Lincoln and Malahide townships, the municipality of Bayham and Niagara Region.

The CHMS is a national survey gathering "direct measures" from 5,700 people representing about 97% of the Canadian population aged three to 79. Participants are asked to visit the CHMS mobile clinic, located in the parking lot of the Norfolk County Fairgrounds, to take a series of physical tests including height, weight, blood pressure, lung function and cardiovascular fitness. With their consent, blood and urine samples are taken for testing



of disease markers, nutritional status and environmental contaminants.

Participants will receive their test results. If the results of their blood pressure or some laboratory tests fall seriously outside normal ranges, they will also receive follow-up letters to give to their health care providers.

Additional information is available at www.statcan.gc.ca/chms. Health professionals may call 1-888-253-1087 or e-mail chms_ecms@statcan.gc.ca with enquiries.

Submitted by Robert Roth, BA. MJ. from information supplied by Statistics Canada

INSIDE THIS ISSUE

- Mental Health Report with a Focus on Suicide 2009 2
- HNHU's Sexual Health Program 2

HNHU's Sexual Health Program

The Sexual Health Program has many services available. We provide low-cost birth control, pregnancy testing/counselling, Emergency Contraceptive Pills (ECPs), relationship counselling, as well as STI testing for chlamydia and gonorrhoea and HIV testing. We also provide free STI medication for chlamydia and gonorrhoea.

As a reminder, when sending your patients to the Health Unit with a prescription for birth control, we carry the following hormonal birth control methods:

- Tricyclen-Lo
- Yasmin
- Marvelon
- Yaz
- Alesse
- Triquilar
- Minovral
- Evra Patch
- Nuva Ring

Free Emergency Contraceptive Pills are available to you for your patients. These can be ordered on your vaccine order form.

Free STI medication for chlamydia and gonorrhoea are also available to you. These can also be ordered on the vaccine order form.

If your patients are coming to access any of these services, please remind them that an appointment is necessary.

For any questions or inquiries, please call:

- Margot Fournier, RN, BScN
519-426-6170 Ext. 3225
- Terri Hartwick, RN, BScN.
905-318-5367 Ext. 346

Submitted by Terri Hartwick R.N., B.Sc.N.

Mental Health Report with a Focus on Suicide 2009



“Suicide is a permanent solution to a temporary problem.”

Introduction

The Haldimand and Norfolk Mental Health Report with a Focus on Suicide 2009 is the first focus report to be completed for Haldimand and Norfolk. This report compares data for Haldimand and Norfolk with data for Ontario, and provides an overview of some of the programs, services and resources in Haldimand and Norfolk.

Highlights

There were 50 suicidal deaths and 557 emergency department visits for suicidal attempts in Haldimand and Norfolk Counties during the five-year period.

Males were four times more likely to complete suicide than females and were twice as likely to have suicidal thoughts compared to females.

A higher proportion of teenagers, age 15 to 19, visited the emergency department

for suicide attempts.

Higher Compared to Ontario

- Suicide mortality.
- Male suicide mortality.
- Suicidal thoughts.
- Males suicidal thoughts (15+) (more than double).
- Higher-risk alcohol-related problems and males (20+).
- Heavy binge drinking (20+).
- Poor or fair health.

Selected Recommendations

To promote suicide awareness to health professionals, physicians, media, schools, the community and other key stakeholders within the community to promote a

suicide-safe community.

To develop protocols with first responders (OPP, emergency departments, EMS) to promote suicide-safer communities

Programs, Services, Resources

The Suicide Prevention Network of Haldimand-Norfolk

The Suicide Prevention Network of Haldimand-Norfolk promotes the development of suicide-safer communities through education, awareness, training and other prevention initiatives. For more information, please contact Marilyn Antkiw at 519- 426-6170 Ext. 3252.

Working with the Suicidal Patient

Working with the Suicidal Patient is a guide for physicians that provides informa-

tion about red flags or warning signs, the need to ask questions clearly and directly and lists all the local resources for referral and follow-up. If you would like a free guide, please contact Marilyn Antkiw at 519- 426-6170 Ext. 3252.

Suicide Bereavement Support Group

A support group for people who have lost friends and relatives to suicide has formed in Haldimand-Norfolk. For more information, please contact Marilyn Antkiw at 519-426-6170 Ext. 3252.

ASIST (Applied Suicide Intervention Skills Training)

The ASIST program is an intensive, two-day interactive and practice-dominated course designed to help caregivers rec-

ognize risk and learn how to intervene to prevent the immediate risk of suicide. For more information, please contact Marilyn Antkiw at 519-426-6170 Ext. 3252.

The full report can be found on the Health Unit's website at www.hnhu.org. If you would like a hard copy of the report, and/or would like to have a presentation of the report, please contact, Deanna Morris, Epidemiologist, Haldimand-Norfolk Health Unit

Submitted by Marilyn Antkiw, RN, BScN and Deanna Morris, Hon. BA, MA, PhD (Candidate)

"Suicide prevention is everyone's business."



Life with a new baby is not always what you expect.

Four out of five new moms will have **postpartum blues**. The sadness can continue in one out of five mothers. **There is help.**

A postpartum depression support group is now available in Norfolk County. Come out and talk to other parents.

4th Monday of every month starting Jan. 25, 2010

1:30-2:30 p.m. • Ontario Early Years Centre
12 Colborne St., N., Simcoe, Ontario.

In partnership with the Ontario Early Years Centre, a Unit of H-N REACH, Haldimand-Norfolk Health Unit and CMHA, Haldimand- Norfolk Branch.

For more information, contact:
Haldimand-Norfolk Health Unit,
Lynda Burville, 519-426-6170 Ext. 3367
CMHA, Haldimand-Norfolk Branch,
Sandra Mooney, 519-428-2380 Ext. 213
Ontario Early Years Centre, Simcoe,
519-429-2875

HealthUnit
Haldimand-Norfolk

Content for flyer taken from The Best Start Resource Centre's Postpartum Mood Disorder Campaign www.lifewithnewbaby.ca.

GEAR UP TO QUIT.

You know you want to.

THE DRIVEN TO QUIT CHALLENGE

BACK IN 2010!

Quit smoking this New Year for your chance to WIN incredible prizes, like a hybrid vehicle! To learn more, visit

DrivenToQuit.ca



Canadian Cancer Society
Société canadienne du cancer



FOLLOW US ON:



The Driven to Quit Challenge is presented in collaboration with your local public health department. Must be an Ontario resident over 19 years of age. Selected entrants must consent to urine test to confirm non-smoking. Skill-testing question required.

Step up to a Healthier you

STROKE: ARE YOU AT RISK?



**FREE 4-Week Educational Series
Final Session - March 2010 in Simcoe
REGISTER TODAY!**

**Learn how to reduce your risk for stroke
and other chronic diseases.**

Learn about:

- healthy eating
- food labels
- how to reduce your risk of high blood pressure and cholesterol
- becoming more physically active
- how to quit smoking
- managing stress

To register contact: **Michelle Alvey**
Stroke Prevention Health Promoter, Haldimand-Norfolk Health Unit
519-426-6170 Ext. 3257 or 905-318-6623 Ext. 3257
michelle.alvey@hnhu.org

Class Location:

St Paul's Presbyterian Church, 85 Lot St, Simcoe ON N3Y 1S4

Date and Time:

- March 9th, 6:30 p.m. - 9:00 p.m.
- March 16th, 6:30 p.m. - 8:30 p.m.
- March 23rd, 6:30 p.m. - 8:30 p.m.
- March 30th, 6:30 p.m. - 9:00 p.m.



www.hnhu.org



Web: www.hnhu.org
Email: info@hnhu.org

Simcoe
P.O. Box 247, 12 Gilbertson Drive
Simcoe, ON N3Y 4L1
519.426.6170 / 905.318.6623

Caledonia
282 Argyle Street South
Caledonia, ON N3W 1K7
905.318.5367