



Media Release: Friday, January 24, 2014, 4:30 p.m.

Regional Municipality of Waterloo

Community Services Committee

Agenda

Tuesday, January 28, 2014

Approximately 11:30 a.m.

Immediately following Administration and Finance Committee

Regional Council Chamber

150 Frederick Street, Kitchener, Ontario

- 1. Declarations Of Pecuniary Interest Under The “Municipal Conflict Of Interest Act”**

- 2. Delegations**
 - a) Linda Terry and Kristine Allison, Social Planning Council of Cambridge and North Dumfries, re: Community Trends Report for Cambridge and North Dumfries

 - b) Marg Rowell, Heritage Planning Advisory Committee, re: [P-14-012](#), Heritage Planning Advisory Committee – Highlights from 2013 and Proposed Plans for 2014 (Information) 1

 - c) Tom Moull and Sam AbiSaab, Waterloo Region Healthy Communities Stewardship Group, re: [PH-14-005](#), Waterloo Region Healthy Communities Partnership Update (Information) 6

Consent Agenda Items

Items on the Consent Agenda can be approved in one motion of Committee to save time. Prior to the motion being voted on, any member of Committee may request that one or more of the items be removed from the Consent Agenda and voted on separately.

3. Request To Remove Items From Consent Agenda**4. Motion To Approve Items Or Receive For Information**

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| a) PH-14-002 , Quarterly Charged/Closed Food Premises Report (Information) | 12 |
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| c) SS-14-005 , Social Planning Annual Service Grants (Approval) | 19 |
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5. Reports – Public Health

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| a) Council Enquiries and Requests for Information Tracking List | 41 |
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7. Other Business**8. Next Meeting – February 11, 2014****9. Adjourn**



Report: P-14-012

Region of Waterloo

Planning, Housing and Community Services

Community Services

To: Chair Sean Strickland and Members of the Community Services Committee

Date: January 28, 2014 **File Code:** D25-01

Subject: **Heritage Planning Advisory Committee – Highlights from 2013 and Proposed Plans for 2014**

Recommendation:

For information.

Summary:

The Region's Heritage Planning Advisory Committee (HPAC) has had another productive and successful year. Highlights from 2013 include: completion of the Council endorsed "Implementation Guideline for Cultural Heritage Landscape Conservation"; revision and redesign of the Region's four Historic Countryside Tours, including hard copies and complementary online interactive mapping; content development for the online Heritage Conservation Toolbox; and the research and evaluation of heritage resources of Regional interest. Throughout the year, HPAC provided comments on Regional projects, development applications, environmental assessments, and other processes that had the potential to impact heritage resources of Regional interest. Members participated in events, workshops and conferences in an effort to promote heritage and increase public awareness of the value of heritage conservation. Collectively, the Committee's initiatives have helped to identify and preserve several significant heritage resources across the Region, as well as increase support for heritage conservation.

Report:

The Heritage Planning Advisory Committee was established in 1994, in accordance with the Region Official Policies Plan, which states that, "the Region will maintain a

Heritage Planning Advisory Committee to advise the Region on the implementation of the heritage policies in this Plan and other heritage issues of Regional interest, in accordance with the Terms of Reference adopted and periodically reviewed by Regional Council.”

The Committee:

- Advises on heritage matters in accordance with the Regional Official Plan;
- Assists with the development and implementation of heritage policy;
- Comments on policies, plans, programs or legislation of other bodies for the promotion and/or conservation of heritage in the Region;
- Serves as a forum for soliciting representation from diverse viewpoints on particular heritage issues; and
- Endeavours to increase public awareness and understanding of heritage resource conservation.

HPAC is comprised of volunteer members who are appointed by Regional Council. The members are chosen by Regional Council for their interest and background experience in matters related to cultural heritage. The 2013 members were:

- Councillor Jean Haalboom, Chair
- Patricia Wagner, Vice-Chair
- Carolyn Coakley
- Terrence Gallamore
- Ron Hackett
- Natalie Hardacre
- Al Junker
- Les Kadar (retired in June 2013)
- Margaret Rowell
- Elizabeth Waters Heinrichs
- Wendy Wright Cascaden

2013 Highlights

During 2013, HPAC undertook the following initiatives:

Advisory Work

- Provided input on Regional projects that had the potential to impact significant heritage resources, including the road rehabilitation project at Cedar Street and St. Andrews Street in Cambridge, the road improvement projects in Conestogo and Petersburg, along with the Trussler Road reconstruction and replanting.

- Monitored and provided input on the renovation of the County Courthouse (20 Weber Street in Kitchener), a Regionally-owned building listed on the Municipal Heritage Register; and the West Montrose Covered Bridge.
- Provided comments on development applications, environmental assessments, and other processes that may impact heritage resources of Regional interest, such as those included in the Rapid Transit/Central Transit Corridor; Black Bridge Road Environmental Assessment in Cambridge; and the Victoria Park washroom reconstruction in Kitchener.

Policy Work

- The “Implementation Guideline for Cultural Heritage Landscape Conservation” was endorsed by Council and is now being used to support area municipalities in the identification of significant landscapes.
- Completed a number of evaluations of heritage resources with potential Regional significance, including: Rockway Gardens, Ayr Ice House & Creamery, St. Boniface Separate School, Soper Park, Victoria Park, Riverside Park and the Mill Creek Bridge.
- Compiled an inventory of bridges constructed post-1930 to proactively prepare for their conservation as future maintenance or replacement is proposed.
- Provided cultural heritage comments to inform the selection of historically appropriate railing designs for bridge rehabilitation or reconstruction projects (Report E-13-117, Bridge Barrier Systems on Region of Waterloo Bridges).
- Provided suggestions for the incorporation of cultural heritage resource conservation into the Active Transportation Master Plan and the Community Action Plan for Housing.
- Offered policy recommendations to Waste Management in an effort to improve rates of recycling by diverting demolition waste from the landfill.

Collaborative Work with Others

- Participated in heritage workshops, displays and conferences including: Wilmot Heritage Day (February 2013); and the Waterloo Regional Heritage Foundation Annual Heritage Showcase (February 2013).
- Contributed to the Grand River Conservation Authority's 20-Year Monitoring report for designation of the Grand and its tributaries as Canadian Heritage Rivers.
- Assisted the Heritage Resources Centre at the University of Waterloo and the Grand River Conservation Authority in the completion of “Arch, Truss & Beam: The Grand River Watershed Heritage Bridge Inventory.”
- Worked with residents of Greenfield Village in North Dumfries Township to prepare a successful grant application to fund a Heritage Conservation District Study of the Village.

Building Public Awareness of the Value of Regional Heritage

- Continuing to revise and improve the content for the online Heritage Conservation Toolbox as part of the Region's website while working with the local North Waterloo Region Branch of the Architectural Conservancy of Ontario to develop and distribute new educational content.
- Guided a summer student through the completion of research and documentation of heritage resources of Regional interest.
- Continued to research historic public buildings in the Region in order to complete the Public Building Inventory. This document will inventory structures that have played a central role in the functioning of a community and whose historic contribution and value is worthwhile to understand.
- Participated in the 11th annual Doors Open Waterloo Region event (September 2013).
- Revised the routes and content of the Historic Countryside Tours, redesigned hardcopy maps, and assisted in updating the complementary online mapping system.
- Continuing to draft plaques for the Heritage Bridge Recognition program.

Recognition & Awards

The Committee nominated candidates for the Regional Heritage Fair Award (May), the Regional Volunteer Recognition Award (June), and the Ontario Heritage Trust Awards (September).

Proposed Activities for 2014

In 2014, HPAC will continue to provide comments on road rehabilitation projects, development applications, environmental assessments, and other processes that may impact cultural heritage resources as outlined in the Committee Terms of Reference. In addition, the Committee plans to:

- Complete the Public Building Inventory and publish the report.
- Finalize documentation and recommend the formal identification of a number of Regionally Significant Heritage Resources (RSHR).
- Launch and promote the revised Historic Countryside Tours and associated website.
- Continue to provide comments to staff and area municipalities on Cultural Heritage Landscape (CHL) policies.
- Develop a workshop providing guidance on undertaking Heritage Impact Assessments for CHLs that could be hosted by Chief Building Officials on the application of Part 11 of the Building Code as it relates to the conservation of built heritage.
- Explore the possibility of encouraging the adaptive re-use of heritage/older buildings in the Region for use as affordable/seniors housing.

- Promote public education and public awareness of the Region's heritage resources by participating in Doors Open Waterloo Region, the Heritage Showcase, and other conferences and workshops locally, provincially and nationally.
- Publish an educational summary document focusing on Regional archaeological resources.
- Install interpretive plaques at the Huron Road Bridge in Kitchener, the West Montrose Covered Bridge in Woolwich Township, and at Truss bridges in rural locations across the Region's Townships as part of the Heritage Bridges Recognition Program.
- Continue to promote financial support tools for heritage properties in partnership with the Waterloo Regional Heritage Foundation.

Area Municipal Consultation/Coordination

The agenda and minutes of HPAC meetings are circulated to all Area Municipalities, and this report will be distributed for information.

Corporate Strategic Plan:

The work of the Heritage Planning Advisory Committee supports Strategic Focus Area 2, Growth Management: Manage growth to foster thriving and productive urban and rural communities.

Financial Implications:

The work of the Heritage Planning Advisory Committee is supported by Planning, Housing and Community Services staff through the use of Council-approved funds.

Other Department Consultations/Concurrence:

Nil

Attachments:

Nil

Prepared By: Lindsay Benjamin, Cultural Heritage Planner

Approved By: Rob Horne, Commissioner, Planning, Housing and Community Services



Report: PH-14-005

Region of Waterloo

Public Health

Healthy Living

To: Chair Sean Strickland and Members of the Community Services Committee
Date: January 28, 2014 **File Code:** P13-20
Subject: **Waterloo Region Healthy Communities Partnership Update**

Recommendation :

For information.

Summary:

This report summarizes the Waterloo Region Healthy Communities Partnership's work to the end of 2013. The Healthy Communities Partnership (Partnership) is a network of networks that identifies and supports local policy initiatives that address healthy eating, physical activity, and mental health. Since 2010 Ministry of Health and Long Term Care (Province) funding has enabled the Partnership to carry out a number of comprehensive studies that have identified opportunities for enhancing healthy public policy in Waterloo Region. These policy opportunities have been well received by the partner networks and community advocates, and in some instances have already led to favourable policy change for the Region and its municipalities.

Report:

Background

In 2010, Region of Waterloo Public Health was asked by the Province to establish a Partnership in Waterloo Region to improve population health outcomes through the development of local healthy public policies. The Partnership was formed and

developed a two-fold vision: to create a strong voice for health promotion in Waterloo Region, and to reflect the diversity of our community in decision making. Initial funding from the Province allowed the Partnership to carry out a comprehensive, data-driven study for Waterloo Region of six key health promotion topic areas and how each area is affected by certain determinants of health. A series of community consultations then led to the identification of priority areas for improving health. In March 2011, the *Community Picture*¹ was released that identified three health priority areas for policy action for the Partnership:

1. Healthy Eating - Implement the *Healthy Community Food System Plan for Waterloo Region* which includes food skills and food access. Ensure that the plan addresses issues which contribute to the viability of local farms and access to healthy eating options.
2. Physical Activity - Improve the affordability and availability of physical activity, sports and recreation opportunities, including active transportation, at both the neighbourhood level and region-wide (including formal (e.g., sport) and informal (e.g., play)).
3. Mental Health - Use a social determinants of health approach to address the underlying contributing factors associated with mental health.

Work by Region of Waterloo Public Health has reinforced the importance of these three priority areas. A recent report (*Shifting Gears: A Need to Address Healthy Eating, Physical Activity and Mental Health Together*) reviewed local data and existing literature on these health topic areas and identified the interconnections between them. Some of the links are stronger and clearer than others, but the research showed that there are likely bi-directional relationships between all three topic areas (e.g., physical activity may improve mental health), making clear the importance of addressing mental health, physical activity and healthy eating in a comprehensive and collaborative way.²

Three existing stakeholder networks have stepped forward to address these priority areas. The Waterloo Region Food System Roundtable, the Waterloo Region Active Living Network, and the Mental Health Work Group agreed to act as the respective Partnership leads for the food system, physical activity, and mental health priorities. The Partnership supports the work of these networks and is open to representation from all organizations, coalitions, networks, groups, and individuals in Waterloo Region who support and embrace collaboration, community mobilization and healthy living, and who wish to take an active role in making these principles come to life.

1 Available here:

<http://chd.region.waterloo.on.ca/en/researchResourcesPublications/resources/WlooRegionCommunityPicture.pdf>

(See **PH-11-023** for additional information on the *Community Picture* process.)

2 Available here:

http://chd.region.waterloo.on.ca/en/researchResourcesPublications/resources/ShiftingGears_Report.pdf

(See **PH-14-003** for additional report details)

1453808

Update

Since the release of the *Community Picture (2011)*, the Partnership has secured additional funding from the Province to carry out a series of research studies that have identified specific policy opportunities for improving healthy eating, physical activity, and mental health in Waterloo Region through community consultations and the review of municipal and regional plans. The Partnership work summarized below has been well received by the partner networks, community advocates, and like-minded organizations, and has already led to favourable policy change in some instances.

In 2012, the Partnership received funds from the Province to advance community understanding of the policy development process, better reach audiences about the priority areas, and investigate the potential for changes to Official Plans. The Partnership hosted a policy advocacy forum in April 2012 where fifty members from the three partner networks learned strategies for constructively influencing local policy development. The Waterloo Region Active Living Network developed a website³, which better promotes its physical activity promotion strategy and helped foster greater community input in their work.

The Partnership also hired a consultant to review the Official Plans of all area municipalities in Waterloo Region, and to make recommendations on how Official Plans could be strengthened to further promote healthy eating, physical activity, and mental health (*Supporting Advocacy on Municipal Official Plans – A Report to the Healthy Communities Partnership*⁴). This study demonstrates the impact Partnership-sponsored research can have on policy advocacy efforts. “Food friendly” options to better support community gardens and temporary farm markets first outlined in this report have now been integrated into the Official Plans for the Cities of Kitchener, Cambridge, and Waterloo.⁵

In 2013, the Partnership’s projects focused on building on the success of the Official Plan changes by identifying priority areas for change through in-depth policy research and community consultations. First, The Waterloo Region Food System Roundtable used Partnership funds to hire a consultant to identify specific zoning and licensing bylaws that could be changed to encourage healthier eating. This culminated in a report (*Planning for Food Friendly Municipalities*⁶) and a community skill building workshop on how to advocate for favourable changes. It is expected that community advocates and other agencies will be better informed and able to advocate for changes at the local

3 <http://wraln.com/>

4 Available here:

http://chd.region.waterloo.on.ca/en/researchResourcesPublications/resources/Advocacy_MunicipalOfficialPlans.pdf

5 See **PH-12-018** for additional information (Cambridge and Kitchener’s Official Plan drafts incorporated “Food Friendly” language after this initial report).

6 Available here:

<http://chd.region.waterloo.on.ca/en/researchResourcesPublications/resources/FoodFriendlyMunicipalities.pdf>

level based on the findings from this Partnership-sponsored research.

Waterloo Region Active Living Network (WRALN) was also able to hire a consultant in early 2013 to carry out focus groups and interviews that led to the development of their *Blueprint for Physical Activity Action in Waterloo Region*⁷ report. This report enabled WRALN to better communicate how their proposed physical activity charter could increase citizen awareness of physical activity opportunities (e.g., organized sports, skate parks, etc.) available in Waterloo Region, as well as encourage the development of new programs. Further, WRALN was able to host sessions to better engage physical activity service providers, organizations, decision-makers, and interested individuals in shaping WRALN's physical activity promotion strategy moving forward. Participants also benefited from a workshop dedicated to reviewing grant opportunities available to service providers and other organizations. WRALN's recent activities through the Partnership have better informed community members and like-minded agencies of how favourable policies can encourage physical activity and how existing programs can be enhanced with grant opportunities.

Mental health promotion remains a key priority area for the Partnership, and in the fall of 2013 the Waterloo Region Mental Health Work Group (through the Partnership) held a community forum to engage with community stakeholders at Kitchener City Hall. This was an opportunity for the public to share their thoughts and opinions on mental health promotion and avenues for favourable mental health policy related to healthy eating, physical activity, and inclusive communities. Over 75 people attended including people who work in mental health, people with lived experience, academics, and other professionals. This well attended community engagement process helped identify focus areas for policy advocacy that the Waterloo Region Mental Health Work Group will develop recommendations for in 2014.

Finally, 2013 also saw Partnership research carried out in local townships. The Wilmot Healthy Communities Coalition and Woolwich Healthy Communities both hired consultants to develop local community profiles and policy recommendations specific to each township based on community consultations, reported and identified gaps in local service, and a review of existing policies. These Partnership-sponsored reports^{8,9} will help inform those with a vested interest in improving the health of their local community, and eventually lead to favourable policy change.

Since 2010, the Partnership has been awarded a total of \$286,630.97 from the Ministry of Health and Long Term Care. This funding has been essential for carrying out

7 Available here:

http://chd.region.waterloo.on.ca/en/researchResourcesPublications/resources/Blueprint_PhysicalActivityAction.pdf

8 Building Capacity for Policy Work: What Helps and Hinders Healthy Eating, Physical Activity and Good Mental Health for Residents of Wilmot Township available here:

http://chd.region.waterloo.on.ca/en/researchResourcesPublications/resources/Building_CapacityPolicyWork_WilmotTownship.pdf

9 Woolwich Healthy Communities Report to be released in early 2014.

comprehensive research that has helped inform community advocates on how they can encourage a healthier community through favourable policy changes at the regional and municipal level. The Partnership and the networks that comprise it have also greatly benefitted from the Region of Waterloo's recognition of the importance of healthy public policy for improving lives and enhancing our community.

Corporate Strategic Plan:

Strategic Focus Area 4: Healthy and Inclusive Communities

Foster healthy living through information, education, policy development and health promotion

4.2.2. Establish and co-ordinate a Healthy Communities Partnership in Waterloo Region to take action regarding three community identified priorities: healthy eating, physical activity and mental health promotion.

Strategic Focus Area 5: Service Excellence

Deliver excellent and responsive services that inspire public trust

5.5. Improve awareness of Regional Services and facilitate processes for public input and involvement.

Ontario Public Health Standards (OPHS) Requirements:

Chronic Disease Prevention (CD) Requirements:

CD7. The board of health shall increase the capacity of community partners to coordinate and develop regional/local programs and services related to healthy eating and physical activity.

- a. Mobilizing and promoting access to community resources;
- b. Providing skill-building opportunities; and
- c. Sharing best practices and evidence for the prevention of chronic diseases.

CD12. The board of health shall provide advice and information to link people to community programs and services related to healthy eating and physical activity.

Financial Implications

Since 2010, the Ministry of Health & Long Term Care has provided 100% provincial funding to support Healthy Community Fund Partnerships. Since 2010, the Partnership has received a total of \$286,630.97 in provincial funding. For the current fiscal year 1453808

April 1st, 2013 to March 31st, 2014, the Partnership has been approved for 100% funding of \$108,574.

In Waterloo Region the funds are distributed to a great extent to community partners involved in the partnership. Public Health administrative and staff support to the partnership is funded within the department's cost shared budget (75% provincially funded and 25% regional tax levy).

Other Department Consultations/Concurrence:

Nil.

Attachments

None.

Prepared By: Kevan Marshall, Public Health Planner

Approved By: Dr. Liana Nolan, Commissioner/Medical Officer of Health



Report: PH-14-002

Region of Waterloo

Public Health

Health Protection and Investigation

To: Chair Sean Strickland and Members of the Community Services Committee

Date: January 28, 2014

File Code P10-80

Subject: Quarterly Charged/Closed Food Premises Report

Recommendation :

For information.

Summary:

This report is a summary of food premises enforcement activities conducted by Public Health Inspectors in the Health Protection and Investigation Division for the fourth quarter of 2013

Report:

During the fourth quarter of 2013, four establishments were charged under the Health Protection and Promotion Act, Ontario Food Premises Regulation 562 (See Table 1: Food Safety Enforcement Activity).

Food premises charges and closures can be viewed on the **Check it! We Inspect it!** Public Health Inspection Reports website, Enforcement Actions Page for a period up to 6 months from the date of the charge or closure. Every food premises charged has the right to a trial and every food premises ordered closed, under the Health Protection and Promotion Act, has the right to an appeal to the Health Services Appeal and Review Board.

Ontario Public Health Standards:

Under the Health Protection and Promotion Act, Region of Waterloo Council serves as Waterloo Region's Board of Health. Boards of Health are expected to adhere to the Ontario Public Health Standards, which outline the expectations for providing public health programs and services. This report provides information related to compliance with the Food Safety Protocol of the Ontario Public Health Standards

Corporate Strategic Plan:

Health and Safe Communities: Support safe and caring communities that enhance all aspects of health.

Financial Implication

Public Health staff's work and the food safety initiatives/activities described within this report are funded within the Public Health Department's cost shared base budget (75% provincial and 25% regional tax levy). In addition, the province also provides an additional 100% funded allocation to support enhanced food safety on an annual basis.

Other Department Consultations/Concurrence:

Nil

Attachments

Table 1: Food Safety Enforcement Activity

Prepared By: Chris Komorowski, Manager Food Safety, Recreational Water and Cambridge & Area Team

Approved By: Dr. Liana Nolan, Commissioner/Medical Officer of Health

Table 1: Food Safety Enforcement Activity

Name of Establishment	Date of Charges or Closure	Charges or Closure	Total Charge
Shinla Garden 183 King Street East Kitchener	Four Provincial Offences Notices issued for infractions observed on October 22, 2013	<ul style="list-style-type: none"> • Fail to protect food from contamination or adulteration (\$300) • Use basin other than for hand washing of employees (\$120) • Operator fail to ensure floor of food handling room kept clean (\$60) • Operate food premise maintained in manner adversely affecting sanitary condition (\$120) 	\$600
Fox and Fiddle 77 King Street North Waterloo	Three Provincial Offences Notices issued for infractions observed on October 25, 2013	<ul style="list-style-type: none"> • Operator fail to ensure ceiling of food handling room kept in good repair (\$60) • Operator fail to ensure floor of food handling room kept in good repair (\$60) • Operate food premise – fail to keep facility in good repair (\$60) 	\$180
Runway's Café 4881 Fountain Street North Breslau	Three Provincial Offences Notices issued for infractions observed on October 31, 2013	<ul style="list-style-type: none"> • Operator fail to ensure equipment surface washed as necessary (\$60) • Operator fail to ensure floor of food handling room kept clean (\$60) • Operator fail to ensure wall of food handling room kept clean (\$60) 	\$180
Marsdale Manor Limited 25 Linwood Avenue Cambridge	Two Provincial Offences Notices issued for infractions observed on December 2, 2013	<ul style="list-style-type: none"> • Use dirty cloth for cleaning table (\$120) • Fail to protect food from contamination or adulteration (\$300) 	\$420



Report: PH-14-003

Region of Waterloo

Public Health

Healthy Living

To: Chair Sean Strickland and Members of the Community Services Committee

Date: January 28, 2014

File Code: P13-80

Subject: Shifting Gears: The Need to Address Healthy Eating, Physical Activity and Mental Health Together

Recommendation:

For information.

Summary:

A new report produced by Region of Waterloo Public Health (ROWPH) shows the importance of addressing healthy eating, physical activity and mental health in a comprehensive way. The report, "Shifting Gears: The need to address healthy eating, physical activity and mental health together", provides local data on these health topics, highlights existing literature on the interconnections between these areas and provides examples of current health promotion approaches that complement and contradict each other. ROWPH and the Waterloo Region Healthy Communities Partnership will use this report to guide their health promotion efforts. Community partners are encouraged to also use report to guide their messaging and activities.

Among its key messages:

- Current levels of physical activity and healthy eating are not adequate to support good health for the majority of the population
- Healthy eating, physical activity and mental health are inter-connected
- Strategies and activities to improve healthy eating, physical activity and mental health should complement each other and avoid contradicting each other
- To improve healthy eating, physical activity and mental health, strategies and activities should involve a comprehensive approach that includes individual and community level actions to support individuals in leading healthier lives

A comprehensive approach would involve the following actions:

- Promote physical activity and healthy eating based on their health benefits independent of the topic of weight
- Shift the focus of health messaging to incorporate the role of environmental influences on healthy eating and physical activity behaviours
- Align healthy eating, physical activity and mental health goals and activities with other public health issues
- Raise awareness among decision-makers, planners and community partners about the need to address negative influences on health where individuals live, work and play

The Healthy Eating Active Communities Team at Region of Waterloo Public Health is taking strides to ensure that its services and activities are addressing healthy eating, physical activity and mental health in a more comprehensive way.

Report:

The Shifting Gears report provides a snapshot of current healthy eating, physical activity and mental health indicators from both the Canadian Community Health Survey and NEWPATH study. It also provides a brief overview of research illustrating the closely linked relationship between physical activity levels, eating behaviours and mental health and their potential influence on one another and the health outcomes of individuals.

In light of the interconnectedness of healthy eating, physical activity and mental health and their impact on the development of chronic health conditions, it makes sense to approach health promotion using a comprehensive approach that addresses all three areas. Region of Waterloo Public Health has supported two local projects that have demonstrated this integrated approach to health promotion:

- The Community Garden Storytelling Project highlights the use of a community garden in a “placemaking” initiative. Participants benefit from increased physical activity, increased access to vegetables and fruit, reduced stress and improved mental well-being and sense of belonging.
- The Neighbourhood Markets project was also a “placemaking” initiative within selected neighbourhoods. The markets increased access to local vegetables and fruit in neighbourhoods with poor access to fresh produce. The markets created a destination that was easily accessed by active transportation. As a result of the markets, participants had increased feelings of social connectedness and belonging.

As well, the Waterloo Region Healthy Communities Partnership has identified healthy eating, physical activity and mental health promotion as the three top priorities for action in Waterloo Region. They are committed to addressing these in a more comprehensive way.

Moving forward, Shifting Gears recommends that health promotion strategies and

activities aimed at improving one aspect of health (i.e., healthy eating, physical activity, and mental health) do not inadvertently contradict other health promotion efforts. For example, individuals who have not maintained healthy behaviours are often blamed for their condition sometimes leading to stigma and discrimination. It is important to address all areas at once to maximize health benefits. A few ways this can be achieved include:

- Promoting physical activity and healthy eating based on their health benefits independent of the topic of weight such as decreased risk of developing chronic diseases, improved energy and mood
- Shifting the focus of health messaging to incorporate the role of environmental influences on healthy eating and physical activity behaviours such as the effects of the built environment and decreasing access to “Foods to Limit” as defined by Canada’s Food Guide. This approach can diminish stigma for people who have experienced weight gain or other chronic health conditions, which in turn can improve or prevent problems related to mental health
- Aligning the goals and activities in the promotion of healthy eating, physical activity and mental health with those promoted in other related areas of health promotion and protection such as injury prevention, food safety, transportation planning, cancer prevention and tobacco cessation
- Continuing to raise awareness among decision makers, planners and community partners about the need to address negative influences on health where individuals live, work and play. This includes limiting exposure to:
 - “Foods to Limit” (i.e., foods and beverages high in calories, fat, sugar or salt)
 - Sedentary activities (e.g., sitting, driving, lack of recreation opportunities, lack of green space, etc.)
 - Factors that lead to poor mental health (e.g., social isolation, lack of green space and sources of negative stress)

Ontario Public Health Standards:

Under the “Health Protection and Promotion Act”, Region of Waterloo Council serves as Waterloo Region’s Board of Health. Boards of Health are expected to adhere to the Ontario Public Health Standards, which outline the expectations for providing public health programs and services. This report provides information related to the compliance with Chronic Disease Prevention Standards 7, and 11:

- The board of health shall increase capacity of community partners to coordinate and develop regional/local programs and services related to healthy eating; healthy weights; comprehensive tobacco control; physical activity; alcohol use; and exposure to ultraviolet radiation
- The board of health shall increase public awareness in the following areas: healthy eating; healthy weights; comprehensive tobacco control; physical activity; alcohol use; exposure to ultraviolet radiation; benefits of early detection of

cancers and other chronic diseases of public health importance; health inequities that contribute to chronic diseases.

Corporate Strategic Plan:

This report relates Focus Area 4 in the 2011-2014 Corporate Strategic Plan: Healthy and Inclusive Communities: Foster healthy, safe, inclusive and caring communities.

Financial Implications:

The initiatives and activities of the Healthy Eating and Active Communities team described within this report are funded within the Public Health Department's cost shared base budget (75% provincial and 25% regional tax levy). In addition, the province provides 100% funding for Healthy Communities Partnerships (see Report PH-14-005 in today's agenda).

Other Department Consultations/Concurrence:

Nil

Attachments:

The full report is available online at:

http://chd.region.waterloo.on.ca/en/researchResourcesPublications/resources/ShiftingGears_Report.pdf

Prepared By: Annette Collins, RN, Public Health Nurse, Healthy Living

Approved By: Dr. Liana Nolan, Commissioner/Medical Officer of Health



Report: SS-14-005

Region of Waterloo

Social Services

Social Planning, Policy and Program Administration

To: Chair Sean Strickland and Members of the Community Services Committee

Date: January 28, 2014

File Code: F01-01

Subject: Social Planning Annual Service Grants

Recommendation:

That the Regional Municipality of Waterloo approve the Social Planning 2014 Service Grants as set out in Schedule A of SS-14-005, dated January 28, 2014.

Summary:

Nil

Report:

Regional Council adopted the 2014 Operating Budget on January 15, 2014. There are a number of resolutions regarding Social Planning Programs that require Council approval in order for the programs to forward grants for services to be provided in 2014. A full list and allocations are provided in Schedule A.

Corporate Strategic Plan:

Funding service agencies in Waterloo Region is consistent with the Region's Corporate Strategic Plan (2011-14), Focus Area 4: Healthy and Inclusive Communities: to reduce inequities and enhance community health, safety, inclusion and quality of life and specifically Strategic Objective 4.5 to work collaboratively to increase the supply and range of affordable housing and reduce homelessness; and to work collaboratively to reduce poverty.

Financial Implications

The total amount recommended for approval is \$2,241,164. The 2014 operating budget approved by Regional Council includes sufficient funding for these programs. All grants

are funded entirely by the Region of Waterloo. All program grants are accompanied by a service agreement that sets out the term, funding level, use of funds, reporting requirements and other obligations. Service Agreements are prepared with support through Legal Services and executed according to the Regions Purchasing By-law.

Other Department Consultations/Concurrence:

Finance has reviewed this report.

Attachments

Schedule A – 2014 Social Planning Annual Service Grants

Prepared By: Lynn Randall, Director Social Planning, Policy and Program
Administration

Approved By: Douglas Bartholomew-Saunders, Commissioner Social Services

Schedule A: Social Planning 2014 Service Grants

Counselling Collaborative Program is a partnership between the Region of Waterloo and seven local counselling agencies. It was developed to ensure that OW/ODSP recipients receive supportive counselling services they need. Recipients of OW/ODSP are eligible for up to eight counselling sessions and include such things as individuals, group, couple, and family counselling supports.

Carizon Family and Community Services	\$131,897
Family Counselling Centre of Cambridge and North Dumfries	58,742
Interfaith Community Counselling Centre	14,381
Kitchener-Waterloo Counselling Services Incorporated	178,455
Lutherwood	44,153
Shalom Counselling Services Incorporated	20,300
Woolwich Counselling Centre	<u>13,829</u>
Total Counselling Collaborative	<u>\$461,757</u>

Parenting Program provides people in receipt of OW and ODSP with access to parenting programs at no cost.

Kitchener-Waterloo Counselling Services Incorporated	<u>\$15,225</u>
Total Parenting Program	<u>\$15,225</u>

Peer Counselling Program funds peer support initiatives in food assistance programs to address social development needs within this context.

Cambridge Self Help Food Bank Inc.	\$ 4,827
K-W Working Centre for the Unemployed	<u>15,156</u>
Total Peer Counselling Program	<u>\$ 19,983</u>

Community Outreach Program is a community wide program created to prevent and reduce the depth of child poverty in the Waterloo Region. The Region funds and administers the Program which is delivered in partnership with 14 community agencies that employ family outreach workers in 32 neighbourhoods and communities of interest. The Program supports children and their families by providing access to basic needs such as recreation, food, clothing, shelter, counselling, transportation, children's needs and employment/education and support to navigate various systems.

Cambridge Family Early Years Centre	\$43,070
Cambridge Self Help Food Bank Incorporated	82,418
Carizon Family and Community Services	126,030
Family Counselling Centre of Cambridge & North Dumfries	54,483
Greenway Chaplin Community Centre	49,081
House of Friendship of Kitchener	137,144
Kinbridge Community Association	87,289

Kitchener-Waterloo Counselling Services Incorporated	186,462
Kitchener-Waterloo Multicultural Centre Incorporated	36,198
Kitchener-Waterloo Young Women's Christian Association (YWCA)	33,763
Langs Farm Village Association	43,645
Motivational Learning Groups	20,674
Our Place Family Resource and Early Years Centre	38,972
Preston Heights Community Group	43,645
Wilmot Family Resource Centre Incorporated	38,142
Total Community Outreach	<u>\$ 1,021,016</u>

Homelessness to Housing Stability Strategy Program the Region, as the System Manager for Homelessness, works in collaboration with a number of partner agencies to deliver a range of housing stability programs and supports that assist individuals and families. The majority of the programs are part of STEP Home.

Argus Residence for Young People – Shelters to Housing	\$55,161
Cambridge Shelter Corporation – Shelters to Housing, Peer Program, Welcome Aboard	91,556
House of Friendship of Kitchener – Shelters to Housing	55,161
Kitchener Downtown Community Health Centre – Peer Health Worker	20,300
Kitchener-Waterloo Young Women's Christian Association (YWCA) - Shelters to Housing	55,161
K-W Working Centre for the Unemployed – Streets to Housing	60,900
Lutherwood – Housing Services, Safe Haven, HHUG	121,691
Mennonite Central Committee of Ontario – Circle of Friends	60,900
Reaching our Outdoor Friends (ROOF) Outreach, Shelters to Housing	94,353
STEP Home Collaborative and Participant Advisory Group	8,000
Supportive Housing of Waterloo – 362 Erb St. Supportive Housing	100,000
Total Homelessness to Housing Stability Strategy Program	<u>\$723,183</u>

Total Social Services Grants	<u>\$2,141,164</u>
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Report: SS-14-007

Region of Waterloo

Social Services

Children's Services

To: Chair Sean Strickland and Members of the Community Services Committee

Date: January 28, 2014

FILE CODE: S15-80

Subject: Purchase of Service Contract, Children's Services

Recommendation :

That the Regional Municipality of Waterloo enter into a Service Contract effective February 1, 2014 with Ontario Corporation 1684992, Victoria Day Care Inc., located at 592 Victoria Street South, Kitchener, Ontario as outlined in report SS-14-007, dated January 28, 2014.

Summary:

Nil

Report:

The Region currently has a service agreement with Victoria Day Care Inc. The current owner is selling the center to a new owner through a share purchase agreement. In order to ensure smooth transition for families currently using the services provided at this centre, staff is recommending entering into a purchase of service agreement with the new owner. This will allow for the continuance of child care for subsidy eligible families.

Service agreements allow the Region of Waterloo to purchase child care space on behalf of subsidy eligible families in a licensed early learning and child care program. These agreements support choice for subsidy eligible families with a wide range of requirements including special needs placements. In addition, the service agreement is a requirement for a licensed early learning and child care program to receive additional funding such as wage subsidy, transition operating, play-based materials and equipment, repairs and maintenance and minor capital retrofits.

Corporate Strategic Plan:

This report supports the Region's Strategic Focus Area 4: Healthy and Inclusive Communities: Foster healthy, safe, inclusive and caring communities; and Focus Area 4.6: Collaborate with the community to support the development of services for children.

Financial Implications

The 2014 fee subsidy budget totals approximately \$17M. This funding provides fee subsidy for an average of 2900 children each month. This agreement will be accommodated within the current fee subsidy budget for purchase of service.

Other Department Consultations/Concurrence:

The implementation of service agreements requires the assistance of Finance and Legal Services staff.

Attachments

Nil

Prepared By: Candace Goudy, Manager, Child Care Administration

Nancy Dickieson, Director, Children's Services

Approved By: Douglas Bartholomew-Saunders, Commissioner, Social Services



Region of Waterloo

Social Services

Employment and Income Support

Date: January 28, 2014

Memorandum

To: Chair Sean Strickland and Members of Community Services Committee
From: David Dirks, Director, Employment and Income Support
Copy: Douglas Bartholomew-Saunders, Commissioner, Social Services
Subject: Summary of Gift Card Initiative
File No: S09-80

In response to the effects of the loss of power as a result of the late December ice storm, the Province in cooperation with a number of Corporate sponsors, unions and other associations made available gift cards to residents of the City of Toronto to compensate for the loss of spoiled food. The Region of Waterloo was one of nine municipalities invited in early January 2014 to support the extension of this initiative outside the City of Toronto.

A total of \$ 8,750 in Metro gift cards was provided for distribution in the region. The program was administered through Employment and Income Support, Social Services with support from Finance and Corporate Communications. The grocery store cards were intended to help people who lost food and were unable to replace it without financial assistance. The initiative could not provide grocery store cards to everyone who lost power, and was reserved for those facing the most need.

A person's power must have been unavailable for 48+ hours and they would experience financial difficulty in replacing the spoiled food. A single person would receive \$ 50 and a family would receive \$ 100 in gift cards.

The initiative was widely advertised through local media including social media (Region's web page, Facebook and Twitter). Applications were received from January 7th through January 9th. If someone called on the 10th, their request was reviewed and approved, if eligible.

In summary:

Total number of cards issued: 32

Number of single persons: 13

Number of families: 19

Total value of the gift cards: \$ 2,550.

The program ended Friday, January 10, 2014 and all unused cards have been returned.

The initiative supports the Region's Strategic Plan 2011 -2014; specifically Focus Area 4: Healthy and Inclusive Communities; Strategic objective 4.1; (to) work collaboratively to reduce poverty.

For further information concerning this program, please contact David Dirks, Director, Employment and Income Support at 51-883-2179 or ddirks@regionofwaterloo.ca



Region of Waterloo

Planning, Housing and Community Service

Community Services

Date: January 28, 2014

<h2>Memorandum</h2>

To: Chair Sean Strickland and Members of the Community Services Committee

From: Lucille Bish, Director, Community Services

Subject: **Joseph Schneider Haus Opens for 2014 / Family Day Activities at Region of Waterloo Museums**

File No: R12-09

Joseph Schneider Haus opens for the 2014 Season on the weekend of February 15 to 17, 2014 with a new exhibit, seasonal activities, and demonstrations. It is also the official launch of the Friends of Joseph Schneider Haus 2014 Folk Artist-in-Residence Fibre Artist Sue Firkser of Dundas, Ontario.

Sue Firkser shares her love of felting in the dynamic exhibit "Heartfelt" which explores traditional uses of felt and felting techniques. It also showcases Sue's unique decorative forms and funky fashion creations. Sue will give a felting demonstration on Saturday from 1 to 4 p.m. and everyone is invited to meet Sue at an artist reception on Sunday from 1 to 4 p.m.

Sue discovered felting about six years ago and fell instantly in love! She has always been a painter, in various mediums, but enjoys using felt as a means to express herself in a painterly way. Sue uses colour (wool roving) and line (silk) to lead the viewer through her artwork and although the pieces have a fragile appearance, they are in fact quite strong due to the blending of the fibres during the felting process. Wool is one of the oldest and strongest fibres known to man.

Sue's training in environmental design gave her the chance to explore commercial fabric and upholstery design and in later years contributed to a successful business in the surface design and production of a line of flannel pajamas. More recently she has begun to play with felt and fibres to create functional clothing, hollow form sculpture and decorative arts for the home. Sue enjoys pushing the boundaries of this ancient craft and

looks forward to her year in residence at Joseph Schneider Haus. In her words “Who knows what else we can make from wool?”

All weekend long the historic haus will be bustling with activity as members of the Schneider museum family go about their seasonal chores. Visitors are invited to lend a helping hand and enjoy hot apple cider and a cookie as a reward.

All of the Region of Waterloo Museums will be open for tours and activities on Family Day, February 17, 2014.

At Joseph Schneider Haus, join in Great Backyard Bird Count and make your own birdfeeder to take home. Attend a presentation by Kitchener Ontario children’s author and nature lover Frank Glew, author of “That Chickadee Feeling”. Open 10 a.m. to 5 p.m. with regular admission. For more information check www.regionofwaterloo.ca/jsh or call 519-742-7752.

At the Waterloo Region Museum, take part in fun family activities throughout the day while visiting the exciting new exhibit SHIPWRECK! Open 9:30 a.m. to 5 p.m. with regular admission. For more information check www.waterlooregionmuseum.com or call 519-748-1914.

McDougall Cottage is closed until March 6, but will open on Family Day to offer cottage tours, crafts and treats from 10 a.m. to 5 p.m. Admission is free. Check www.regionofwaterloo.ca/mcd or leave a message at 519-624-8250.

All of these events and Family Day activities have been promoted in a variety of ways: newspaper advertising; promotional pamphlets mailed to the museum membership; web listings and social media; and Events and Exhibits.



Report: PH-14-004

Region of Waterloo

Public Health

Healthy Living

To: Chair Sean Strickland and Members of the Community Services Committee

Date: January 28, 2014 **File Code:** P13-20

Subject: **Skin Cancer Prevention Act (Tanning Beds) - Providing Comments to the Ministry of Health and Long-Term Care**

Recommendation:

That the Regional Municipality of Waterloo participate in the submission of comments to the Ministry of Health and Long-term Care's Regulatory Registry, and communicates support for introduction of the Skin Cancer Prevention Act (Tanning Beds) and the proposed regulations, as outlined in PH-14-004.

And that the Regional Municipality of Waterloo, for information, forward a copy of Report PH-14-004, dated January 28, 2014 to the Minister of Health and Long-Term Care.

Summary:

On October 9, 2013, the Ontario government passed the "Skin Cancer Prevention Act (Tanning Beds)." The new legislation restricts youth under 18, who are especially vulnerable to the harmful effects of ultraviolet (UV) radiation, from using tanning beds. The Act also prohibits marketing of tanning services targeted at youth, requires tanning bed operators to request identification from anyone who appears under 25, and sets fines for operators who fail to comply. Additional facets of the Act will be discussed in the report below.

Until February 18, 2013, the Ministry of Health and Long-term Care is accepting comments through the Regulatory Registry on the development of regulations to
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support the legislation. Direction has not been given to Ontario public health units as to the implementation plan for the Act, although it is anticipated that Public Health Inspectors will play a role in enforcement.

The purpose of this report is to update the Community Services Committee on the “Skin Cancer Prevention Act (Tanning Beds)” and proposed regulations made under the Act as well as to demonstrate Region of Waterloo Public Health’s support for both the Act and proposed regulations.

Public Health staff will continue to monitor the Ministry’s progress towards the implementation of the “Skin Cancer Prevention Act (Tanning Beds),” and will submit a future report to Community Services Committee when additional information is provided.

Report:

Background

On October 9, 2013, the Ontario government passed legislation that prohibits the sale of tanning services or ultraviolet light treatments for tanning to youth under 18. The “Skin Cancer Prevention Act (Tanning Beds),” 2013:

- Gives authority to the Lieutenant Governor in Council to make exemptions by regulation, if deemed necessary
- Requires that tanning bed operators request identification from anyone who appears to be under 25 years old
- Requires tanning bed operators to post signs stating the ban on persons under age 18 and the health risks of tanning bed use
- Prohibits the advertising and marketing of tanning services directed at youth under 18
- Requires that all individuals who receive tanning services wear protective eyewear
- Requires the presence of an attendant when tanning services are rendered
- Requires that all tanning bed operators provide written notice of their location and business contact information to their local Medical Officer of Health
- Sets fines for tanning bed owners/operators who fail to comply
- Authorizes inspectors to inspect and enforce these requirements

On December 11, 2013, the Association of Local Public Health Agencies (aLPHa) submitted comments, on behalf of member Medical Officers of Health, Boards of Health and Affiliate organizations, as part of Ministry of Health and Long-term Care consultations, which led to the development of the plain language version of the proposed regulations under this Act.

On January 2, 2014, the plain language version of the proposed regulation under the
1546754

“Skin Cancer Prevention Act (Tanning Beds),” 2013, was posted to the Regulatory Registry for a 45 day period. The proposed regulation addresses definitions, such as the definition of ‘tanning services’ to exclude spray tanning, identification required to assess age, advertising and marketing, signage and protective eyewear. Comments can be submitted through the Regulatory Registry until February 18, 2014.

Skin Cancer and Tanning Beds

Skin cancer is the most common form of cancer, accounting for one third of all cancer diagnoses in Ontario (CCO, 2011). Exposure to ultraviolet (UV) radiation is the biggest risk factor for developing skin cancer (CCO, 2013). Sunlight is the main source of UV radiation. Other sources of exposure include UV radiation from artificial lights such as those used in indoor tanning equipment. The International Agency for Research on Cancer has classified UV radiation from the sun and UV emitting indoor tanning equipment as cancer causing (IARC, 2012).

Young people are especially susceptible to the carcinogenic effects of UV radiation. Frequent sun exposure and sunburn in childhood and adolescence increases the risk of developing skin cancer later in life (CCS, 2006). It is estimated that one in six Canadian children born in the 1990’s and beyond will develop some form of skin cancer during their lifetime (CDA, 2011). In addition to this, the risk of melanoma, a very serious form of skin cancer, is increased by 75 per cent when tanning beds are used prior to the age of 35 (Boniol, 2012). This risk increases with more frequent tanning (Cust, 2011). Indoor tanning is generally most common among teens and young adults, particularly young women. In Ontario, nearly a quarter of Ontario students have used tanning beds at least once by the time they finish high school (CCS, 2013). In 2011, 11.2 per cent of Waterloo Region residents, aged 18 to 24, reported tanning bed use (ROWPH, 2013). This is of concern because skin cancer, specifically melanoma, is the fourth most common cause of cancer in adolescents and young adults aged 15 to 29 (CCO, 2013).

Next Steps

It is recommended that Region of Waterloo Public Health staff submit comments on the proposed regulation under the Act through the Regulatory Registry. The regulations available for comment are high level and are not detailed. Region of Waterloo Public Health plans to reiterate comments already submitted in the December 11th, 2013, consultation letter from the Association of Local Public Health Agencies, and emphasize the items that have not already been addressed in the proposed regulations. Some highlights of the recommendations in the ALPHA consultation letter include:

- **Protective eyewear requirements** – ensure protective eyewear sold in the facility is compliant with standards set out by Health Canada.
- **Marketing restrictions** – prohibit claims of health benefits of tanning beds in

advertising and marketing materials.

- **Signage requirements** – signs should address ages not permitted to use tanning equipment, proof of age if they appear to be under 25, and health and safety notice at point of sale.
- **Enforcement supports** – develop short-form wording for the regulatory requirements to allow inspectors to issue offence notices under Part 1 of the Provincial Offences Act.

It is also recommended that Public Health staff continue to monitor the Ministry's efforts and provide an update to Community Services Committee upon receipt of Ministry direction for the implementation of this Act. Currently the Ministry is working through the consultation process and no direction has been given to Ontario public health units as to the implementation plan, to date. It is anticipated that a Ministry-Health Unit working group will be struck to guide implementation planning.

Ontario Public Health Standards

Under the "Health Protection and Promotion Act," Region of Waterloo Council serves as Waterloo Region's Board of Health. Boards of Health are expected to adhere to the Ontario Public Health Standards (OPHS), which outline the expectations for providing public health programs and services. This report provides information related to the compliance with Chronic Disease Prevention Standard for Requirement 6 to support the development of healthy public policy to reduce exposure to ultraviolet radiation.

Corporate Strategic Plan:

Healthy and Inclusive Communities

4.2: Foster healthy living through information, education, policy development and health promotion.

Financial Implications

Public Health staff's work and the initiatives/ activities described within this report are funded within the Public Health Department's cost shared base budget (75% provincial and 25% regional tax levy). At this time, it is not known what enforcement activities may be required in support of the proposed legislation or if additional resources will be available for this purpose.

Other Department Consultations/Concurrence:

Nil.

Attachments

A: Proposed Ontario Regulation Made Under the Skin Cancer Prevention Act (Tanning Beds), 2013

B: alPHa Submission: Consultation on Regulation Development for the Skin Cancer Prevention Act (Tanning Beds) – December 11, 2013

Prepared By: Paige Schell, Public Health Planner, Healthy Living Division

Approved By: Dr. Liana Nolan, Commissioner/Medical Officer of Health

Works Cited:

Boniol M. *et al.* (2012). Cutaneous melanoma attributable to tanning bed use: systematic review and meta-analysis. *BMJ* 345:e4757.

Cancer Care Ontario (CCO). (2011). Cancer Fact. Cost of skin cancer in Ontario will exceed \$344 million in 2011. Retrieved from: <https://www.cancercare.on.ca/cms/one.aspx?portalId=1377&pageId=99509> (accessed on January 13, 2013).

Cancer Care Ontario (CCO). (2013). Cancer Risk Factors in Ontario: Evidence Summary. Toronto, Canada. Retrieved from: www.cancercare.on.ca/riskfactor (accessed on January 13, 2013).

Cancer Care Ontario (CCO). (2013). Cancers in young people different from those in adults. Toronto, Canada. Retrieved from: <https://www.cancercare.on.ca/cms/one.aspx?portalId=1377&pageId=291081> (accessed on January 13, 2013).

Cancer Care Ontario (CCO). (2013). Tanning equipment use high in grade 12 students. <https://www.cancercare.on.ca/cms/One.aspx?portalId=1377&pageId=138075> (accessed on January 13, 2013).

Canadian Cancer Society (CCS). (2006). Retrieved from: Facts on SKIN Cancer in Ontario - News and information on ultraviolet radiation. Retrieved from: http://www.uvnetwork.ca/img/Insight_UVfactsheet.pdf (accessed on January 13, 2013).

Canadian Dermatology Association (CDA). (2011). Retrieved from: <http://www.dermatology.ca/wp-content/uploads/2012/01/2011-Skin-Cancer-Stats-EN.pdf> (accessed on January 13, 2013).

Cust AE., *et al.* (2011). Sunbed use during adolescence and early adulthood is associated with increased risk of early-onset melanoma. *Int J Cancer*, 128:2425–35.

International Agency for Research on Cancer. (2012). IARC monographs on the evaluation of carcinogenic risks to humans. Volume 100D. A review of human carcinogens. Part D: Radiation. Lyon: International Agency for Research on Cancer.

Region of Waterloo Public Health (ROWPH). (2013). RRFSS Monitor: Artificial Tanning 1546754

Equipment Use. Retrieved from:
http://chd.region.waterloo.on.ca/en/researchResourcesPublications/resources/ARTIFICIAL_TANNING_MONITOR.pdf (accessed on January 13, 2013).

Appendix A: Proposed Ontario Regulation Made Under the Skin Cancer Prevention Act (Tanning Beds), 2013

Electronic Link:
<http://www.ontariocanada.com/registry/view.do?postingId=14822&language=en>

Ministry: Ministry of Health and Long-Term Care

Regulation Number(s): New

Bill or Act: Skin Cancer Prevention Act (Tanning Beds), 2013

Summary of Proposal:

On October 9, 2013, the Ontario government took action to help prevent skin cancer among young people by passing legislation that prohibits the sale of tanning services or ultraviolet light treatments for tanning to youth under 18. The Skin Cancer Prevention Act (Tanning Beds), 2013:

- Gives authority to the Lieutenant Governor in Council to make exemptions by regulation, if deemed necessary;
- Requires that tanning bed operators request identification from anyone who appears to be under 25 years old;
- Requires tanning bed operators to post signs stating the ban on persons under age 18 and the health risks of tanning bed use;
- Prohibits the advertising and marketing of tanning services directed at youth under 18;
- Requires that all individuals who receive tanning services wear protective eyewear;
- Requires that all tanning bed operators provide written notice of their location and business contact information to their local Medical Officer of Health;
- Sets fines for tanning bed owners/operators who fail to comply; and
- Authorizes inspectors to inspect and enforce these requirements.

MOHLTC is proposing the development of an Ontario regulation made under the Act. The proposed regulation (see attachment for details) will address definitions, identification, advertising and marketing, signs and protective eyewear.

- The term 'tanning services' will be defined to exclude spray tanning;
- The forms of identification that will be required from anyone who wants to receive tanning services and who appears to be under 25 years old will be

- specified;
- The number, location and content of signs in establishments where tanning services are offered will be specified;
- The kinds of advertisements and marketing strategies that will be considered to be directed at individuals who are less than 18 years old will be specified; and
- The requirements for protective eyewear will be specified.

MOHLTC suggests that the proposed amendments would come into force in 2014.

Content of final regulations are at the discretion of the Lieutenant Governor in Council (LGIC) who may make any changes the LGIC considers appropriate.



**alPHa Submission: Consultation on Regulation Development for the Skin
Cancer Prevention Act (Tanning Beds)
December 11, 2013**

On behalf of member Medical Officers of Health, Boards of Health and Affiliate organizations of the Association of Local Public Health Agencies (alPHa), I am writing today to provide our feedback on the questions that were asked as part of the December 3 2013 stakeholder consultation on regulation development for the Act to regulate the selling and marketing of tanning services and ultraviolet light treatments for tanning.

Protective eyewear requirements

Although we support any measures that would protect the health and safety of adult clients using tanning services, our members have no specific expertise on what standards should be adopted for protective eyewear. We are satisfied that the Health Canada standards are acceptable, as they are used in other jurisdictions where these standards are already regulated. Our understanding is that these are based on criteria established by the United States Food and Drug Administration.

Recognizing that our members will be responsible for enforcing Section 6 of the Act, the development of enforcement regulations will need to account for certain impracticalities of verifying that all eyewear being used in tanning facilities meets these standards. There are many different types, and clients most often bring their own. It is unlikely that inspectors will have the means to measure the spectral transmittance of each, and there is no acceptable way to verify that clients are wearing them.

We therefore recommend that the regulations include language that will make it easier for public health inspectors to hold operators accountable for compliance with Section 6. While it may be impossible to verify that clients are using compliant protective eyewear, inspectors can verify the compliance of products sold in the facility. It was suggested during the consultations that the presence of a US Food and Drug Administration number on a package of eyewear for sale would be sufficient, as it indicates that the eyewear meets the accepted standards.

In addition, inspectors could verify that that prescribed signage includes a clear statement of the requirement to wear compliant eyewear at all times (please see elements of required signage below); and that each establishment has written staff training material that includes information on how to verify that eyewear meets the prescribed standards and an obligation to inform clients of the importance of wearing compliant protective eyewear.

Advertising/Marketing tanning services to youth

We certainly appreciate the intent behind this, and alPHa is already supportive of a complete ban on commercial marketing of any kind to children under the age of 13. In other discussions that we have had about how to implement age-specific marketing restrictions, formulating specific definitions of marketing and what constitutes marketing directed at young people has been exceedingly difficult. Although we believe that efforts to work around these difficulties will be worthwhile in some circumstances (e.g. the Government's proposed restriction on marketing unhealthy food and beverage to children), such specificity may not be immediately necessary for the purposes of this Act.

During the consultation on December 3, it was suggested that Section 4 of the Act may be sufficient on its own. We believe that the statutory prohibition may be enough to deal with situations that can clearly be identified as direct marketing to youth (e.g. promotion in schools, advertising in yearbooks or other publications clearly aimed at young people). Situations that are less clear may be dealt with via legal proceedings (e.g. charges that result in voluntary cessation of marketing activities that in the opinion of the inspector are in contravention of the Act, or challenges that result in court interpretations that can begin to set precedents).

Given that the Act prohibits youth under 18 years of age from using tanning services, we would not expect the providers of these services to seriously target a clientele that they are not allowed to serve.

Signage requirements

We believe that the elements of Peel Region's by-law in combination with age restriction notices analogous to those used by tobacco retailers under the Smoke Free Ontario Act would be acceptable.

A notice that persons under 18 years of age are not permitted to use tanning equipment should be posted at the entrance of the covered facility, with additional signs posted at point-of-sale, one facing the client and another facing the operator. Signs at the point of sale should include the information that clients can expect to be asked for proof of age if they appear to be under the age of 25.

Additional signs that itemize the health risks should be conspicuously posted within the facility at point-of-sale. There was general agreement during the discussion that the Peel Region sign that includes health warnings and protective measures was acceptable, with some variation on the order, to better reflect the health protection intent of the legislation. For example:

- UV exposure can be hazardous to your health and, in the long term, can contribute to premature skin aging and skin cancer
- Greater risks are associated with early and repeated exposure
- UV effects are cumulative
- Drugs and cosmetics may increase UV effects
- Overexposure to ultraviolet radiation (UV) causes skin and eye burns
- Use of protective eyewear that is compliant with Ontario Regulation XXX/13 is required.
- Follow operating instructions

While the general appearance of the Peel Region sign was seen as a good example of a sign that was most likely to be read by a client, i.e. not too wordy or technical, it is recommended that any standardized signage be developed by marketing professionals as a measure to maximize their effectiveness.

Signage should be standardized and provided by the Provincial government to tanning operators.

Having examined the signage requirements under the federal Radiation Emitting Devices Act, we do not believe that the Province should require additional signage on the devices themselves. We believe that the federally mandated warning is satisfactory.

Health Claims

This was discussed briefly as part of the section dealing with marketing and advertising to youth. We believe that this should be a separate discussion, as our position is that health claims should be regulated regardless of the age of the target audience for marketing and promotion.

As stated in our resolution (A06-3, attached), we strongly recommend that this be dealt with on its own in the eventual regulations, and that it follow the World Health Organization recommendation that claims of health benefits should not be permitted in the promotion of sunbed use.

SUMMARY OF RECOMMENDATIONS

For protective eyewear, regulations should

- Enable inspectors to verify the compliance of protective eyewear sold in the facility by confirming the presence of a US Food and Drug Administration approval number on the package.
- Prescribe signage should include a clear statement of the requirement to wear compliant eyewear at all times (please see elements of required signage below).
- Prescribe written staff training material that includes
 - Information on how to verify that client- and facility-supplied eyewear meets the prescribed standards
 - A statement of obligation to inform clients of the importance of wearing compliant protective eyewear.

For marketing restrictions, regulations should

- Be flexible enough to allow judicious and equitable application of Section 4 of the Act. We recommend that if regulations prescribe restrictions on marketing, they should initially be limited to direct marketing (e.g. in school yearbooks & publications aimed at youth; where the target audience is clearly youth).

For signage requirements, regulations should

- Require notices that persons under 18 years of age are not permitted to use tanning equipment
 - at the entrance of the covered facility
 - at point-of-sale, one facing the client and another facing the operator
- Require a notice at point of sale that clients can expect to be asked for proof of age if they appear to be under the age of 25
- Require a conspicuous health and safety notice at point of sale that includes the following:
 - *UV exposure can be hazardous to your health and, in the long term, can contribute to premature skin aging and skin cancer*
 - *Greater risks are associated with early and repeated exposure*

- *UV effects are cumulative*
- *Drugs and cosmetics may increase UV effects*
- *Overexposure to ultraviolet radiation (UV) causes skin and eye burns*
- *Use of protective eyewear that is compliant with Ontario Regulation XXX/13 is required.*
- *Follow operating instructions*

Other

- Regulations should prohibit claims of health benefits of any kind in any promotional / marketing / advertising materials related to the use of tanning beds.
- Short-form wording must be developed for the regulatory requirements to allow inspectors to issue offence notices under Part 1 of the Provincial Offences Act and not require that every contravention be dealt with via the far more resource intensive court proceedings under Part III.
- Prescribed signage should initially be developed and provided to operators at no charge by the Ministry of Health and Long-Term Care.



alPHA Resolution A06-3

TITLE: Health-Based Regulation of the Management and Use of Artificial Tanning Equipment

SPONSOR: alPHA Board of Directors.

WHEREAS The World Health Organization's 2003 report, *Artificial Tanning Sunbeds: Risks and Guidance* concludes that Ultraviolet (UV) light from artificial tanning equipment is a probable human carcinogen linked to eye damage and increased risk of developing melanoma and other skin cancers; and

WHEREAS at present, the only regulation of tanning salons in Ontario is through the Federal government's Radiation Emitting Devices Act, which is limited in scope to the manufacturing, importing and sale/resale of artificial tanning equipment; and

WHEREAS tanning salon operators are known to make marketing claims that include the suggestion that artificial tanning is a "safe" method by which to tan and meet Vitamin D requirements; and

WHEREAS skin cancer is the most common type of cancer of Ontario; and

WHEREAS no legislation in Ontario currently exists that regulates the use of such equipment based on known health risks

THEREFORE BE IT RESLOVED THAT the Government of Ontario pass and promote legislation governing the use of artificial tanning equipment based on the above-named WHO Report's *Recommendations for the Management of Sunbed Operations*, that includes

- regulation of the safety claims permitted by tanning salon owners and operators
- training requirements for operators of artificial tanning equipment
- a ban on the use of artificial tanning for those under 18, subject to the advice of a regulated health professional
- the formulation of enforceable safe operating standards for the tanning industry, including, maximum exposure times and warnings to consumers related to the use of UV-emitting tanning equipment

COUNCIL ENQUIRIES AND REQUESTS FOR INFORMATION				
COMMUNITY SERVICES COMMITTEE				
Meeting date	Requestor	Request	Assigned Department	Anticipated Response Date
03-Dec-13	D. Craig	That staff report on acceptable rural EMS response times; reasons for higher call volume and response times in Cambridge; and resources required to address these issues	Public Health/Emergency Response Time Working Group	June 2014
03-Dec-13	S. Strickland	That staff report updating the Committee on the progress made by the Ontario government on the proposed changes to the Smoke Free Ontario Act	Public Health	March/April 2014
07-Jan-14	B. Halloran	That staff provide a report outlining the Region's advocacy efforts in relation to discretionary benefits and provide a recommendation in relation to requesting that the province increase the per case cap from \$10 to \$15	Social Services - Employment and Income Support	February/March 2014