



North Shore Community Association

A non-profit organization

dedicated to instilling pride within the English-speaking
community living on the North Shore.

COMMUNITY PUBLIC HEALTH STRATEGY

A REPORT ON PUBLIC HEALTH PROGRAMS
IN THE
CÔTE-NORD REGION 09

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QUEBEC PUBLIC HEALTH ACT

The object of this Act is the protection of the health of the population and the establishment of conditions favourable to the maintenance and enhancement of the health and well-being of the general population.¹

The Act includes all essential functions of a public health system: public health monitoring, promotion, prevention, and protection. Legislation measures stated in the act gives public health authorities the means to carry out the functions and places obligations on them. These measures set the main parameters of the Québec Public Health Program and all local and regional public health programs.

¹ RSQ C.S-2.2

THE ACT RESPECTING HEALTH AND SOCIAL SERVICES

The health and social services plan established by this Act aims to maintain and improve the physical, mental and social capacity of persons to act in their community and to carry out the roles they intend to assume in a manner which is acceptable to themselves and to the groups to which they belong²

Under this Act, the Public Health Director shall be responsible in the region for:

- Informing the population on its general state of health and of the major health problems, the racial risk factors, and the interventions being considered most effective, monitoring and conducting studies or research required for that purpose.
- Identifying situations which could pose a threat to the population's health and seeing that necessary measures are taken towards protection.
- Ensuring expertise in preventive health and health promotion, advising the agency on prevention services that contribute to reducing mortality and avoiding morbidity.

² RSQ C.S-4.2

**BILL 25 – AN ACT RESPECTING LOCAL HEALTH AND SOCIAL SERVICES NETWORKS
DEVELOPMENT AGENCIES**

The purpose of this Act is to establish an integrated health and social services organization, including prevention, assessment, diagnostic, treatment, rehabilitation and support services, in order to bring health and social services closer to the general public and make it easier for people to move through the health and social services network.³

This bill has two main aspects - it changes the current regional boards into development agencies for the local social services networks and then mandates them to set up integrated service organizations to bring services closer to the general public making it easier for people to move through the health and social service networks. The local health and social services network development agencies (The Agency) replace the outgoing Regional Health Board (La Régie).

Bill 83 (passed in November 2005), is the Act amending the *Act respecting health services and social services and other legislative provisions* modifies 45 laws so that they accord with Bill 25. The bill also proposes an organisational and clinical project, which is the responsibility of the CSSS.

³ RSQ C A-8.1

QUEBEC PUBLIC HEALTH PROGRAM 2003-2012

The aim of the program is to ensure a coherent approach to public health throughout Québec and to identify services that offered at local levels. activities are following functions:

MRC	Total Population	English Mother Tongue	
		Number	Percentage
Haute Côte-Nord	12,300*	45*	.3%
Manicouagan	33,100*	180*	.5%
Sept-Rivières	34,100*	845*	2.5%

preventive should be regional and Program based on the public health

- ongoing surveillance of the population's health status and its determinants;
- promotion of health and well-being;
- prevention of diseases, psychosocial problems and injuries;
- health protection.

These activities are part of strategies designed to improve the health and welfare of the general public. They can be grouped together into six areas of intervention:

- development, social adjustment, and integration;
- lifestyles and chronic diseases;
- unintentional injuries;
- infectious diseases;
- environmental health;
- occupational health.

Developing regional and local action plans which determines the public health services offered in each region and in the territories of the CSSS is one of the first steps towards the implementation of the program.⁴

⁴ Taken from the Public Health Program - MSSS website

THE SPEAKING	Minganie	6,700*	25*	4%	ENGLISH
	Basse Côte-Nord	5,195*	3,470*	67%	
	Total*	95,395*	4,665*	1.02%	
POPULATION OF THE COTE-NORD REGION					

**Numbers are based on approximate figures from 2006 Statistics Canada*

QUÉBEC HEALTH AND SOCIAL SERVICES PREVENTION AND PROMOTION
INITIATIVES

1. ***Joint plan for the surveillance of the health status of the general population***
Systematizes and structures the surveillance function by targeting health problems and determinants at the provincial regional levels in terms of general surveillance and the six areas of prevention as indicated in the Québec Public Health Program 2003-2012.
2. ***The Institut national de santé publique (INSPQ): A source of health information and expertise***
 - To help MSSS & regional authorities to develop and implement the Québec Public Health Program
 - Provides expertise and researches new approaches and methods regarding to psychosocial and health problems
 - Monitors emerging health risks
 - Health guide and documents publications
 - Organizes educational and scientific events
 - Provides screening and specialized laboratory services.
3. ***Quebec Breast Cancer Screening Program***
 - To screen women aged 50-69 in order to combat breast cancers
 - Services provided in dedicated centers or mobile mammography units
4. ***Quebec Tobacco Cessation Plan (PQAT)***
 - Service-oriented and promotional plans
 - J'ARRETE program (hotline)
 - Smoking cessation centers
 - Health & social services professionals
5. ***Quebec Plan to Fight Tobacco use(PQLT)***
 - Educational and support measures
 - Surveillance research
6. ***HIV Transmission and Pregnancy Intervention Program***
 - Prenatal HIV testing program
7. ***Immunization Program***
 - Infectious diseases
 - Vaccinations
8. ***Occupational Health and Safety***
Its mission is to prevent occupational injuries in CSST-designated industrial establishments. Occupational health targets the elimination at the source, dangers to the health, safety and physical well-being of workers. Top priorities include:
 - Musculoskeletal injuries
 - Berylliosis and silicosis
 - Occupational asthma
 - Occupational poisoning
 - Occupational infectious diseases
 - Occupational noise pollution
 - Severe acute respiratory syndrome (SARS)

9. *Environmental Health*

To ensure the prevention and management of health problems arising from pollution and environmental degradation. Main environmental health issues involve the prevention of risks to public health:

- Air pollution and global climate change
- Contaminated drinking water
- Exposure to natural and artificial UV radiation
- Exposure to radon in the home
- Exposure to toxic substances

10. *Dental Health*

Objectives to help improve the dental health of all Quebecers:

- Promoting fluoridation measures
- Providing counseling on tobacco use, eating habits, and use of fluorides
- Preventive follow-up in schools (K -3)
- Dental sealants applications

11. *West Nile Virus: How to Prevent & Protect Yourself*

- Information and awareness campaign

12. *Healthy Schools*

- Prevention measures and health & welfare promotion in schools

13. *Integrated perinatal and early childhood services for vulnerable families*

- Family counseling

Providing support to help vulnerable families create an environment conducive to their health and welfare

14. *Strategy and action plan for troubled youth and their families*

- To help parents and assist children and teens in their development
- Support programs for young parents

15. *Pathological gambling*

- Preventive measures; screening and counseling
- Specialized services to gamblers and their families
- Joint actions
- Conduct research and integrate findings

16. *Services for the frail elderly*

Ensure that frail elderly persons and families obtain easy and uninterrupted access to the medical and social services they need

- residential and home support
- Health promotion and prevention

17. *Intellectual disabilities*

Support policy for individuals with intellectual disabilities and their families

18. *Physical disabilities*

- Prevention and promotion programs

19. *Drug addiction: Prevention & Detection*

- Approaches on the prevention of drug addiction
- **Dep-Ado**-tool for detecting drug and alcohol addiction among teens

20. ***Drug addiction: Reducing the harm caused by injection drug abuse***
 - Needle exchange programs
 - Methadone substitutions programs
21. ***Preparing for Independence Project***

To prepare young people in youth protection centres for independence using intensive intervention strategies

 - Qualification des jeunes - project
 - Stratégie d'action pour les jeunes en difficulté et leur famille
22. ***Pervasive development disorders***
 - Action plan measures focusing on detection
23. ***Breastfeeding***
 - Promotion
 - Breastfeeding support services
 - Monitoring
24. ***Info-Santé CLSC – Prevention/Promotion service under the Québec Public Health Program***
 - 24/7 health and welfare hotline support
25. ***Family Medicine Groups in Québec***
 - Improve patient follow-up
 - Ensure service continuity
 - Ensuring family doctors availability
26. ***Suicide Prevention***
 - Preventing suicide and delivering a broad range of services-
 - Crisis intervention
 - Follow-up
 - Postvention
 - Intervention with high risk groups
27. ***Québec Neonatal Screening Program***
 - Blood screening
 - Urine Screening
 - Down Syndrome
28. ***Attention-Deficit and Hyperactivity Disorder (ADHD)***
 - Action plans to inform parents about attention-deficit and hyperactivity disorders and to provide youth workers with training
29. ***Prevention of Cardiac Diseases***
 - Primary prevention services
 - Rehabilitation
30. ***Optimizing medication use in Québec***
 - Conseil du médicament
 - Awareness campaign on proper use of medications
 - Partnership agreements with the pharmaceutical industry

- Symposium on the optimum use of medication
- Medication policy

31. *Performance Evaluation policy Ministère de la Santé et des Services Sociaux*

- MSSS to evaluate policies and strategies, action plans, public health programs and health assessment

32. *The Health and Welfare policy*

An evaluation of its implementation and its impact on the performance of Québec's health system from 1992-2002

- Action priorities for health system, recommended strategies to enhance the efficiency of these actions and to set goals to be attained by 2002

PUBLIC HEALTH PROGRAMS AND SERVICES FOR CÔTE-NORD (REGION 09)

Institution	Program/Services	Accessible in English	Additional Comments
CSSS Fermont	<ol style="list-style-type: none"> 1. Québec breast cancer screening program 2. Québec Tobacco Cessation Plan 3. HIV Transmission and pregnancy intervention program 4. Immunization program Ministère de la Santé et des Services Sociaux 5. Dental Health 6. West Nile virus : How to prevent infections and protect yourself 7. Introduction of the "Healthy School" approach in Québec schools 8. Integrated prenatal and early 	<p>No</p> <p>No</p> <p>No</p> <p>No</p> <p>No</p> <p>No</p> <p>No</p> <p>No</p>	<p>**If English services are requested they will do their best to help you or refer you to where you can be served in English.</p> <p>**Some awareness campaigns have bilingual documentation- MSSS resources.</p>

Institution	Program/Services	Accessible in English	Additional Comments
	childhood services for vulnerable families 9. Strategy and action plan for troubled youth and their families 10. Government action plan for pathological gambling 11. Intellectual disabilities 12. Physical disabilities 13. Drug addiction: Prevention and detection 14. Drug addiction: Reducing the harm caused by injection drug use 15. Preparing for Independence” projects 16. Pervasive development disorders 17. Breastfeeding 18. Suicide prevention 19. Québec neonatal Screening program 20. Attention-deficit and hyperactivity disorders	No No No No No No No No No No	10. Referrals to Centre Le Canal
CSSS Manicougan	1. Québec breast cancer screening program 2. Québec Tobacco Cessation Plan 3. Immunization program Ministère de la Santé et des Services Sociaux 4. Occupational health and safety 5. Dental Health 6. West Nile virus : How to prevent infections and protect yourself 7. Introduction of the “Healthy School” approach in Québec schools 8. Integrated prenatal and early childhood services for vulnerable families 9. Strategy and action plan for troubled youth and their families 10. Government action plan for pathological gambling 11. Departmental policies on services for the frail and elderly 12. Intellectual disabilities 13. Physical disabilities 14. Drug addiction: Prevention and detection 15. Pervasive development disorders 16. Breastfeeding 17. Attention-deficit and hyperactivity disorder 18. Prevention of cardiac diseases	No No No No No No No No No No No No No No No No No No No No	1. Personnel on staff can answer requests or act as interpreter – informational pamphlets in English 6. Agence –promotion 10. Referrals to Centre Le Canal
CSSS Port-Cartier	1. Québec breast cancer screening program 2. Québec Tobacco Cessation Plan 3. HIV Transmission and pregnancy intervention program 4. Immunization program Ministère	No No No Yes	1. Some documentation in English-testing done in CSSS Sept-Iles 3. English resources available if required

Institution	Program/Services	Accessible in English	Additional Comments
	de la Santé et des Services Sociaux		
	5. Occupational health and safety	No	
	6. Environmental health at the MSSS	No	
	7. Dental Health	Yes	
	8. West Nile virus : How to prevent infections and protect yourself	Yes	8.Service also available at Horizan Santé
	9. Introduction of the “Healthy School” approach in Québec schools	Yes	
	10. Integrated prenatal and early childhood services for vulnerable families	Yes	
	11. Strategy and action plan for troubled youth and their families	No	
	12. Government action plan for pathological gambling	No	12.Referrals directed to Centre Le Canal
	13. Departmental policies on services for the frail and elderly	Yes	
	14. Intellectual disabilities	Yes	14.Referral services with L’ACSM Côte-Nord -Documentation is available in English and secretary speaks English
	15. Physical disabilities	Yes	
	16. Drug addiction: Prevention and detection	Yes	16. Referrals directed to Centre LeCanal
	17. Drug addiction: Reducing the harm caused by injection drug use	Yes	17. Referrals directed to Centre Le Canal
	18. Preparing for Independence” projects	No	
	19. Pervasive development disorders	No	
	20. Breastfeeding	Yes	
	21. Family medicine groups in Québec	Yes	21. Horizan Santé
	22. Suicide prevention	N/A	22. Documentation in Baie-Comeau
	23. Attention-deficit and hyperactivity disorder	Yes	23. Referrals to CSSS Sept-Iles
	24. Prevention of cardiac diseases	Yes	24. Horizan Santé
	25. Optimizing medication use in Québec	Yes	25. Horizan Santé
	26. Performance Evaluation policy Ministère de la santé et des services sociaux	Yes	26. Documents available
	27. The Health and Welfare policy : An evaluation of its implementation and its impact on the performance of Québec’s health system from 1992-2002	Yes	27. Documents available

Institution	Program/Services	Accessible in English	Additional Comments
CSSS Sept-Iles	1. Joint plan for the surveillance of the health status of the general population	No	
	2. The Institut national de santé publique: A source of health information and expertise	No	
	3. Québec breast cancer screening program	Yes	
	4. Québec Tobacco Cessation Plan	Yes	4. English documentation available if required/requested
	5. HIV Transmission and pregnancy intervention program	Yes	
	6. Immunization program Ministère de la Santé et des Services Sociaux	Yes	
	7. Occupational health and safety	No	
	8. Dental Health	Yes	
	9. West Nile virus : How to prevent infections and protect yourself	Yes	
	10. Introduction of the “Healthy School” approach in Québec schools	Yes	
	11. Integrated prenatal and early childhood services for vulnerable families	No	11. English resources available if requested
	12. Strategy and action plan for troubled youth and their families	No	12. English resources available if requested (pamphlets)
	13. Government action plan for pathological gambling	No	13. Referrals directed to Centre Le Canal
	14. Departmental policies on services for the frail and elderly	Yes	14. Pamphlets available (MSSS)
	15. Intellectual disabilities	No	
	16. Physical disabilities	No	
	17. Drug addiction: Prevention and detection	No	17. Referrals directed to Centre Le Canal
	18. Drug addiction: Reducing the harm caused by injection drug use	No	18. Referrals directed to Centre Le Canal
	19. Pervasive development disorders	No	
	20. Breastfeeding	No	
	21. Family medicine groups in Québec	No	
	22. Québec neonatal Screening program	No	
	23. Attention-deficit and hyperactivity disorder	No	23. English resources available if requested
	24. Prevention of cardiac diseases	Yes	
	25. Optimizing medication use in Québec	Yes	

Info Santé CLSC prevention/promotion services under the Quebec Public Health Program:
Program is serviced through CSSS Minganie and all request for English services are transferred automatically to a region where bilingual services are available.

CONCLUSIONS

- Not all CSSSs offer Public Health Programs accessible in the English language.

- Unfortunately, it is difficult to locate a person in charge of the ‘Public Health Programs’ in each individual institution and unfortunately most cannot speak English.
- A number of the institutions had indicated that they will try their best to serve the English population to the best of their capabilities even though their institution is not designated to offer these services under the ‘Access Program’.
- Definite improvements are necessary in the communication of information between the Agency and their CSSSs. Research was difficult due to the lack of accurate information on who the resource person is at each institution and not all institutions have the same understanding of all aspects of the programs.