



SCHOOL HEALTH TEAM

Supporting School Communities Across Niagara

CATHARINE LOWES - SCHOOL HEALTH MANAGER

November 7, 2024

WELCOME



Public Health is the science and art of protecting and improving the health of communities through education, promotion of healthy lifestyles, and research for disease and injury prevention.



Our team of health professionals work closely with the community to improve the physical and social environments where we live, work, learn and play so residents can reach their full health potential.





OBJECTIVES

Text box

01

WHAT WE DO

02

WHAT WE SEE

03

WHAT WE CAN DO IN FOR
YOU

WHO WE SERVE





- Cannabis use
- Obesity
- Mental health
- Physical activity
- Alcohol use
- Smoking
- Sedentary behaviour

Niagara Region Public Health Department

2021-22

Health Statistics for Niagara

DATA

OSDUHS camh Ontario Student Drug Use and Health Survey



What is the OSDUHS?

The OSDUHS is an anonymous health survey of Ontario students that has been going on since 1977. It is the longest-running school survey in Canada and one of the longest in the world! Every two years, over 10,000 students in grades 7 to 12 in public and Catholic schools in big cities, small towns and rural areas across Ontario take part in the survey. The survey topics cover a range of issues facing young people today, such as drinking, smoking, cannabis and other drug use, mental health, physical health, bullying, gambling, video gaming, and social media use. The OSDUHS is a leading source of data that provides the most comprehensive information about the health of Ontario youth.

How are the survey results used?

Public Health Monitoring

- Identify trends, emerging issues and needs.
- Identify risk and protective factors.
- Evaluate youth health promotion and prevention strategies.
- Contribute to community reports and policy-related documents.
- Provide reliable data to public health units and other health agencies.

Health Promotion

- Develop resources to help youth, families and communities.
- Provide the impetus and information for national media prevention campaigns.

Education

- Provide teachers and other professionals with accurate and timely information.
- Facilitate outreach activities to parents, school boards and communities.
- Identify areas for targeted policies and programs.
- Identify groups who are at risk.
- Contribute evidence to inform Ontario's curriculum and school policies.



The Mental Health and Well-Being of Ontario Students 1991–2023

Findings from the Ontario Student Drug Use and Health Survey

with French summary within | avec résumé en français à l'intérieur



camh

OSDUHS
Ontario Student Drug
Use and Health Survey

The 2023 OSDUHS

A total of 10,145 students in grades 7 to 12 in 848 classes in 235 schools in 46 school boards across Ontario participated in the 2023 cycle of the OSDUHS. All data are based on self-reports derived from anonymous questionnaires. The survey was administered in classrooms between November 2022 and June 2023.

RECENT CHANGES

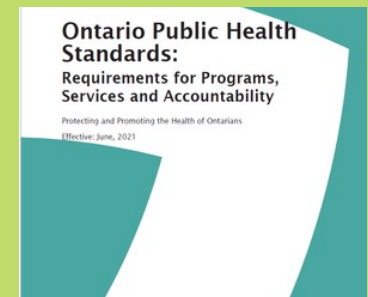
- Public Health Strategic Review
- Restructured teams
- Updated Public Health Standards



**THERE ARE NURSES IN ALL
SECONDARY SCHOOLS**



**WE HEALTH PROMOTERS
AVAILABLE TO SUPPORT
ELEMENTARY INITIATIVES**



**WE ARE WORKING TO
ENSURE STUDENTS ARE AS
HEALTHY AS POSSIBLE**



SCHOOL SERVICES

ELEMENTARY SUPPORTS

- Playground Activity Leaders in Schools (PALS)
- Consultations on Health Curriculum
- Referrals to reputable community partners
- Active School Travel
- School Produce Markets



SECONDARY SUPPORTS

- Consultations on Health Curriculum
- 1:1 Student Support on various health topics
- Referrals to reputable community partners



SERVICES DIRECTED TO PARENTS AND EDUCATORS

OUR FOCUS

- Supporting health equity
- Promoting health in the areas of
 - physical activity, nutritious eating, mental health, healthy relationships, substance use prevention, vaccine preventable disease, dental screening/treatment
- Professional development of Educators

PRESENTATIONS

- Raising Resilient Kids
- The Importance of Connectedness
- Benefits of Ophea's Healthy School designation
- Vaping and Substance Use-Prevention
- Supporting Students through School-based Transitions
- Transitioning to Adolescence Information Nights

YOUTH VAPING PREVENTION & EDUCATION

GRADE 7 & 8

SECONDARY

NIAGARA REGION PUBLIC HEALTH: SCHOOL HEALTH NEWSLETTER

November 2024

HALT THE HAZE – YOUTH VAPING PROGRAM

High schools across Niagara have been chosen to be a part of *Halt the Haze*, an in-school program to help students quit vaping. Designated staff will be available to help give students the tools and resources to help them quit. This includes the [QUASH app](#), which guides youth in creating a custom quit plan that focuses on building healthy habits, helps youth manage their cravings and triggers, tracks their progress and create opportunities to celebrate wins.


Any adult can help youth quit! Parents and caregivers interested in helping a young person in their life quit can access resources on how to start a conversation about quitting with the [Brief Conversations Toolkit](#). There will also be Youth Vaping Webinar for parents and caregivers coming soon, so stay tuned for more information.

Just a reminder that under the [Smoke Free Ontario Act 2017](#), it is against the law for those under 19 to vape at school, or within 20 metres of school property. If caught, this can result in a fine of \$305.



NOT AN EXPERIMENT


HOME THE INDUSTRY HEALTH EFFECTS MENTAL HEALTH RESIST TAKE ACTION QUITTING EDUCATORS PARENTS



VAPING HAS **LONG-TERM** HEALTH EFFECTS

60 YEARS AGO, THE TOBACCO INDUSTRY WANTED PEOPLE TO BELIEVE CIGARETTES WERE SAFE.

IS HISTORY JUST REPEATING ITSELF WITH VAPING?




WHAT THE INDUSTRY TELLS YOU

REALITY

DON'T FORGET TO READ THE FINE PRINT.

Dangerous chemicals can be inhaled, including nicotine and tar.

NotAnExperiment.ca



FEELING PRESSURED TO VAPE?

PRACTICING WHAT TO SAY CAN HELP!

REFUSE THE OFFER

NA, I'M GOOD!

NA, THAT STUFF SUCKS FOR ME.


SUGGEST SOMETHING ELSE

WOULD RATHER GET SOMETHING TO EAT WANNNA COME?

NO THANKS, HEY CHECK OUT THIS TRICK!

DEAL WITH STRESS, HANG WITH FRIENDS & HAVE FUN WITHOUT VAPING. FIND WAYS THAT WORK FOR YOU!

NotAnExperiment.ca

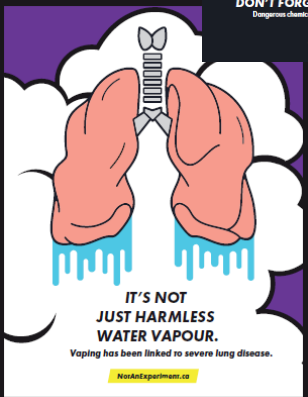


VAPING CAN MAKE STRESS WORSE.

THE ONLY THING VAPING GIVES IS AN ADDICTION TO NICOTINE.

DON'T LET VAPING MESS WITH YOUR MENTAL HEALTH.

NotAnExperiment.ca



IT'S NOT JUST HARMLESS WATER VAPOUR.

Vaping has been linked to severe lung disease.

NotAnExperiment.ca

HEALTHYSCHOOLS@NIAGARAERGION.CA





THANK YOU

