

MEMO / NOTE DE SERVICE

TO: Board of Health for the City of Ottawa Health Unit

DESTINATAIRE : Conseil de santé de la circonscription sanitaire de la ville d'Ottawa

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SUBJECT: **CHAIR OF THE BOARD OF HEALTH VERBAL REPORT**

OBJET : **RAPPORT VERBAL DU PRÉSIDENT DU CONSEIL DE SANTÉ**

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Good evening, I am happy to be here tonight and am looking forward to the weeks and months to come.

Ottawa Public Health has been busy in the last couple of months with various partners and events.

On March 13th, OPH, in collaboration with the Ottawa-Carleton District School Board and Ottawa Catholic School Board, had the official launch of ESL/LINC Lesson Plans on Health topics. This collaborative work has enabled the integration of health content into language instruction through the two programs. As a result, ESL/LINC instructors

have designed a first series of 24 lesson plans on eight healthy eating topics for adult learners. This project aims to not only support literacy but also teach our adult learners about healthy eating. I, for one, am very proud OPH's involvement and of this program and its contribution to supporting newcomers and immigrants in Ottawa.

On March 30th I had the privilege of speaking at a well-attended event hosted by OPH in conjunction with the Ottawa Bullying Prevention Coalition and the Western Ottawa Community Health Centre - *Bullying - What Can Parents Do? Let's Talk About It...* The event brought together key partners including mental health experts, researchers, and school board and police representatives, with the goal of building a more supportive and safe community for all those impacted by bullying.

These are just two examples of the many community partnerships that OPH supports.

At this time I am very pleased, as Chair of the Board of Health, to share with you the Board's 2015-2018 Strategic Plan. The Strategic Plan continues along the path set out in the first Strategic Plan, launched in 2011. It positions Ottawa Public Health (OPH) to continue focused efforts in responding to Ottawa's emerging public health challenges.

Under the plan, OPH will work to:

- Inspire and Support Healthy Eating and Active Living
- Foster Mental Health in Our Community
- Enhance Collective Capacity to Reduce Preventable Infectious Diseases
- Develop an Adaptive Workforce for the Future
- Advance Healthy Public Policy

I look forward to working together on our common goal of building a healthier Ottawa over this term of the Board and that begins now.

As an excellent starting point, May is Physical Activity Month and there is no better time to inspire and support healthy and active living.

Specifically, May 8 is the second annual community celebration of walking! Everyone is invited to meet at Lansdowne Park and join in the 1, 3, 5 and 8 km guided walks along the canal. I hope to see some of our Board members and many of our residents there.

In closing, over the next three years, I am excited to be out in the community with Ottawa Public Health - promoting OPH initiatives and programs that will have us achieve a healthier city.

Thank you very much.