

Members Newsletter

ONTARIO PUBLIC HEALTH ASSOCIATION



National
Indigenous
History **Month**

#NIHM2023



Celebrating Indigenous History Month

In 2009, Canada established National Indigenous History Month as a way to honour the contributions of First Nation, Inuit, and Métis peoples in shaping our history and culture. At OPHA, we are committed to dismantling systems that perpetuate colonialism and systemic racism. We recognize that the historical

injustices experienced by Indigenous peoples in Canada continue to manifest in health disparities today.

At OPHA, we hope that all our members seize this opportunity for intentional reflection and learning. By advocating for cultural safety, respectful and equitable healthcare, as well as supporting Indigenous communities, we can work together to improve health for all. We encourage our members to engage in meaningful ways to acknowledge Indigenous History Month, such as:

- Engage with Indigenous-led initiatives and [organizations](#) to learn how you can contribute to positive change
 - Learn more about the meaning behind the visuals in the image above [here](#)
 - Uplift and amplify Indigenous voices, perspectives, and experiences; such as by reading a [Mind Spread Out on the Ground](#) by local author Alicia Elliot
 - Or join the online conversation by using the hashtag #NIHM2023
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Celebrating Pride Month

June is Pride Season, a time to learn about and celebrate the, often erased, history of Two-Spirit, lesbian, gay, bisexual, transgender, and queer people (2SLGBTQ+). In Canada, the first coordinated Pride celebration happened in 1973, during Pride Week. This movement has since expanded, marked by milestones such as the inclusion of sexual orientation in the Ontario Human Rights Code in 1986, the Canadian Human Rights Act in 1996, and most recently, the inclusion of capturing gender diversity, such as transgender and non-binary people in the census.

While Canada and Ontario have made significant progress towards equity and inclusivity, there is still work to be done to achieve health equity. Unfortunately, cultural norms such as cisnormativity and heteronormativity, along with stigma, discrimination, and prejudice, perpetuate homophobia and transphobia, that negatively impact the health and wellbeing of 2SLGBTQ+ people in our communities. OPHA encourages confronting these challenges that persist by

engaging in opportunities for advocacy, such as supporting [Bill 42](#), the *Gender Affirming Health Care Advisory Committee Act*.

This Pride Season, OPHA encourages our members to take some time to:

- Attend an [event](#) near you
- Reflect on your own personal biases, challenge stereotypes, and use inclusive language
- Support local organizations, such as [The 519](#)
- Or join the conversation online by using #Pride2023 and #PrideSeason

Advocacy Updates



The Ontario Public Health Association's Alcohol Workgroup is pleased to host a [webinar](#) that will provide an overview of the recent [Canadian Alcohol Policy Evaluation](#) (CAPE) project as it pertains to Ontario, as well as provide updates

regarding OPHA's recent actions to influence alcohol policy and upcoming opportunities to get involved.

CAPE provides rigorous assessments of how well the provincial, territorial and federal governments in Canada are implementing policies proven to reduce harm from alcohol use.

We welcome the following members of the CAPE team who will present Ontario's alcohol policy findings:

- **Dr. Norman Giesbrecht**, Emeritus Scientist, Institute for Mental Health Policy Research at the Centre for Addiction and Mental Health (CAMH)
- **Dr. Tim Stockwell**, Scientist, Canadian Institute for Substance Use Research (CISUR)
- **Elizabeth Farkouh**, Researcher, Canadian Institute for Substance Use Research (CISUR)

[CAPE](#) has a track record of strengthening Canada's response to alcohol-related harm. A suite of CAPE 3.0 knowledge translation (KT) products is available on the [CAPE website](#).

[Register](#)

Professional Development & Events



Mpox: Outbreak, Response, & Vaccine Effectiveness

[Public Health Ontario](#)

Virtual | Webinar | June 19



[Public Health 2023](#)

[Canadian Public Health Association](#)

Virtual | Conference | June 20-22



[Public Health Summer Institute 2023](#)

[Public Health Association of British Columbia](#)

Virtual | Conference | June 22 & 23



[Forum on a Public Health Approach to Psychedelics](#)

[Canadian Public Health Association](#)

Virtual | Forum | June 27 & 28



[Food and Body Talk: The Power of Language to Shape Children's Mental Health](#)

[Nutrition Connections](#)

Virtual | Training | Asynchronous



[Lean Sigma](#)

[Leading Edge Group & Ontario Public Health Association](#)

Virtual | Training | Starting September

Meet Our Team



Sandy Maxwell, Senior Policy and Program Strategist: Sandy has credentials as a registered dietitian with over 20 years' experience designing evidence-based food and nutrition-related initiatives, programs and projects in response to client needs and collaborating with other health agencies. Sandy led the development of OPHA's online learning centre courses in 2021 including extensive consultation with stakeholders.

Sandy is pleased to spearhead OPHA's collaboration with the [Ellyn Satter Institute](#), to build capacity around the revolutionary Satter eating and feeding models. As part of Sandy's role as OPHA's advocacy lead and staff partner for the Built Environment Workgroup, she engages in a variety of activities that aim to influence healthy public policy. Sandy is committed to OPHA's mission of providing leadership on issues affecting the public's health and strengthening the impact of people who are active in community and public health throughout Ontario and beyond.

Health News



Smoke spreads to large swath of Ontario as forest fires rage in Quebec

Smoke from raging wildfires in Quebec is being seen and smelled in a large part of Ontario on Tuesday...



Ontario farmers say buying local food more important than ever amid various challenges

As Ontario marks local food week, farmers and agriculture sector advocates say it's more important than ever to support farms amid various challenges...



Free medications produce overall health-care savings in Ontario trial, new study suggests

Average yearly savings of \$1,488/patient when drugs covered for those who struggle to pay...



Minister Marci Ien announces emergency security funding to support Pride organizations amidst increased hate

Every Canadian deserves to fully participate in all spheres of society, regardless of gender identity, gender expression or sexual orientation...



Canada's national food policy is at risk of enshrining a two-tiered food system

Just two days after the release of the latest statistics on household food insecurity in Canada...



Canada's got a drinking problem — and one senator says Ottawa needs to step up

Three years sober, Sen. Patrick Brazeau is on a mission to curb alcohol abuse...



Every Canadian cigarette will soon carry a health warning

Canada will soon print warning labels directly on cigarettes in a world-first, the country's health agency announced...



Scientists use AI to discover new antibiotic to treat deadly superbug

AI used to discover *abaucin*, an effective drug against *A baumannii*, bacteria that can cause dangerous infections...



June is Indigenous History Month, and I am living proof that my ancestors fought for a future

Almighty Voice, fought the North West Mounted Police (NWMP) more than 125 years ago in an attempt to keep his people from starving...

Job Postings

- [Executive Lead, Programs and Services](#), The Ontario Caregiver Organization
- [Health Promotion Specialist](#), Algoma Public Health

Additional Resources & Updates

[Adding Warning Labels on Alcohol Bottles to Curb Canada's Drinking Problem](#)



[Mental Health Services and Programs with and for Black Communities](#) Rapid Review



[Ontario's Doctors say Primary Care is in Crisis, Burnout at Record Levels](#)



[Summary of Results for the Canadian Student Tobacco, Alcohol and Drugs Survey 2021-22](#)



[The Current with Matt Galloway](#) Interview with Senator Brazeau begins at the 47 minute mark



[To Monitor or not to Monitor? A Conversation on AI Health
Surveillance with Bioethicist Dr. Ho](#)

