

Public Health Update from Southwestern Public Health

For Health Care Providers in Oxford County, Elgin County, and the City of St. Thomas

June 21, 2023

An Update from Dr. Ninh Tran, Medical Officer of Health at Southwestern Public Health

Public Health: What You Need to Know

BALANCED BEGINNING: A NEW CBT PROGRAM AT PUBLIC HEALTH

- This fall, Southwestern Public Health is launching a [new cognitive behaviour therapy program](#) for individuals who are pregnant or who have a child under 18 months of age.
- The no-cost group format is unique for Elgin County and Oxford County, and follows a model used by [other health units](#) to provide effective therapeutic support to those suffering from Postpartum Mood Disorders (PPMD).
 - This program is not intended for individuals who have pre-existing or complex mental health or psychological conditions (i.e., psychosis, bipolar disorder, etc.).
- There is no cost to access this program, and it does not require a referral from a health care provider.
- **Now accepting sign ups for fall group session (9 weeks):**
 - St. Thomas begins October 17.
 - Woodstock begins September 20.
- **ACTION:** Please share this sign up form with patients / clients ([Link to form](#))
- **NOTE:** If a patient/client is not interested in a cognitive behavioural therapy group, SWPH will still provide appropriate resources to any client who is referred to us for PPMD.

ONLINE PRENATAL CLASSES

- Southwestern Public Health provides free online prenatal classes to residents of Oxford County, Elgin County, and the City of St. Thomas. Those who sign up will have access to these classes for a full year.
- **ACTION:** Please share this sign up form with patients / clients ([Link to form](#))

EXTREME HEAT INFORMATION FOR PATIENTS

- The number of extreme heat events increases in Canada every year, and can have adverse affects, especially for vulnerable populations.
- Review these resources and share with patients: [Extreme Heat and Human Health for Pharmacy](#) and [Staying Health in Extreme Heat](#)



Southwestern Public Health
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UPDATE: INFANT FORMULA SUPPLY

- In 2022, the Abbott Nutrition manufacturing facility closure in Michigan resulted in a shortage of hypoallergenic infant formulas. However, the shortage of these specific formulas has now largely subsided.
- In Canada, there continues to be a shortage of regular infant formula, especially for powder formulas. This is expected to continue for the weeks to come.
- Health Canada (HC) continues to work with manufacturers to increase production and is looking for additional formulas for importation under the interim policy:
 - Regular infant formula imported under Health Canada's interim policy (April 2023)
<https://www.swpublichealth.ca/en/my-health/resources/infant-formulas-pr-parations-pour-nourrissons.pdf>
 - The brands included in the interim policy are from Europe and the United States, which have similar manufacturing and regulatory standards to Canada.
- For more information, including information for families, please see HC's factsheet:
 - [Limited supply of infant formula in Canada \(April 2023\)](#) ([Click for French version](#))

SURVEY: HEALTHY GROWTH AND DEVELOPMENT

- Researchers at Queen's and McGill universities are seeking feedback from primary care providers for the Innovations in Preventative Primary Care for Young Children During COVID-19 survey.
- The survey aims to discover programs or services that facilitated delivery of primary care to children 0-5 years old during the pandemic (March 2020-present). The survey takes approx.. 10 minutes to complete, and includes a draw for a \$100 gift card. [Click for Survey Link](#)