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Prevention System Quality Index 2023

November 2023

Prevention System Quality Index (PSQI) Report 2023

November 23rd, 2023

Prepared for PHO Rounds

Presenters:

- Huda Shah, Prevention Specialist, MSc., PhD(c)
- Hanna Dias, Senior Research Associate (Epidemiologist), MPH



Disclosure

- Presenters at this session have not received financial support or in-kind support from a commercial sponsor
- Presenters have no potential conflicts of interests to declare
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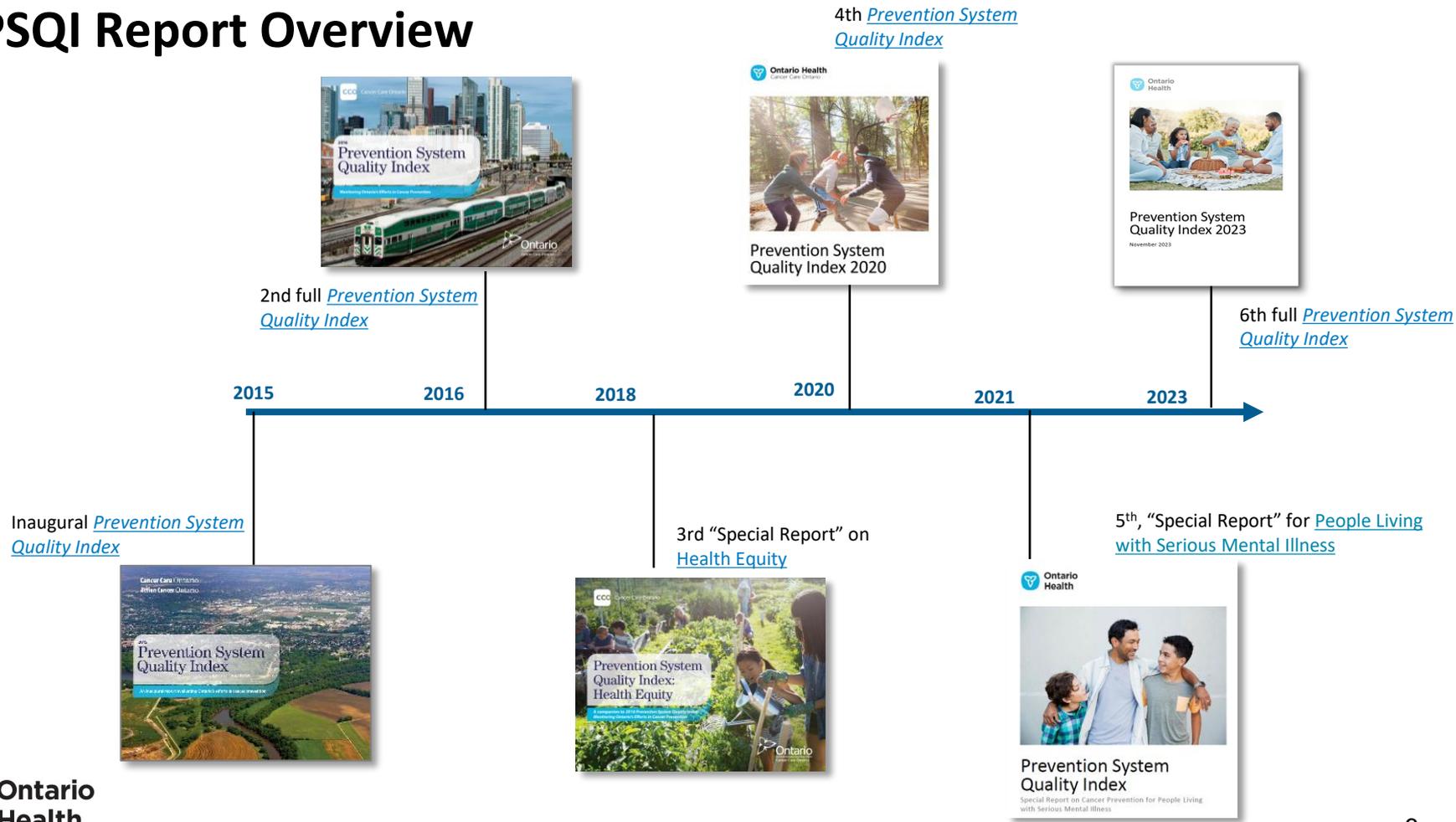
Learning objectives

1. Identify risk factors for chronic diseases in Ontario
2. Describe the connection between the social determinants of health and chronic diseases
3. Describe the high burden from chronic diseases on First Nations, Inuit, Métis and urban Indigenous peoples
4. Identify policy and program opportunities to decrease the risk of chronic disease at a population level in Ontario
5. Consider how to use this report to further your work in chronic disease prevention



Overview of the PSQI

PSQI Report Overview



Prevention System Quality Index



- Current report released November 2023
- ontariohealth.ca/psqi
- 34 indicators across 9 risk factors/domains:



Commercial Tobacco



Alcohol



Healthy Eating



Physical Activity



First Nations, Inuit, Métis, and urban Indigenous health



Social Determinants of Health (SDOH)



Environmental



Occupational



Infectious Agents



Ontario
Health

Chapter Layout



Commercial Tobacco

Brief Summary

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Evidence-based policies and programming

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Ontario Policies and Regional Data

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### *Opportunities to reduce risk factor in Ontario*

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Expert consultations

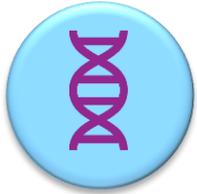
PSQI 2023 Advisory Committee

- Michelle Halligan, Canadian Partnership Against Cancer
- Daniel Harrington, Public Health Ontario
- Brendan Smith, Public Health Ontario
- Amanda Sheppard, Indigenous Cancer Care Unit, Ontario Health
- Lisa Simon, Simcoe Muskoka District Health Unit
- Susan Stewart, Kingston, Frontenac and Lennox & Addington Public Health

PSQI 2023 Expert Panel

- Michael Chaiton, Ontario Tobacco Research Unit, University of Toronto
- Paul Demers, Occupational Cancer Research Centre, Ontario Health
- Norman Giesbrecht, Centre for Addiction and Mental Health
- Elaina MacIntyre, Public Health Ontario
- Chris Markham, Ophea
- Valerie Tarasuk, PROOF, University of Toronto
- Thomas Tenkate, School of Occupational and Public Health, Ryerson University
- Justin Thielman, Public Health Ontario

What's new for the 2023 report?



Expanding beyond cancer to chronic diseases



Understanding the impact of Covid-19



Systemic barriers in reducing risk factors due to social determinants



Additional equity stratifications



Dedicated section for First Nations, Inuit, Métis and urban Indigenous populations

Why is PSQI important?

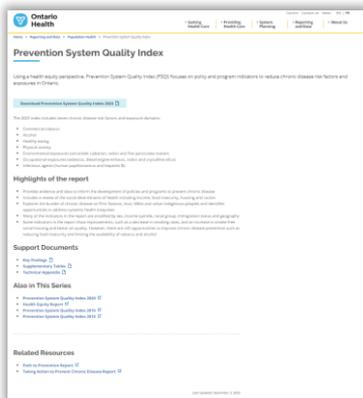


Highlight opportunities for system-level policies and programs



Report on indicators at the provincial and regional level

PSQI products



Website landing page

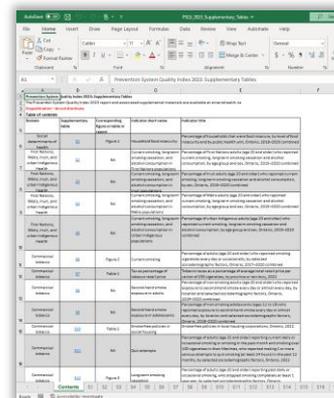
ontariohealth.ca/psqi
santeontario.ca/iqsp



Report*



Technical appendix



Supplementary tables



Standalone key findings*

*Also available in French

Poll Question

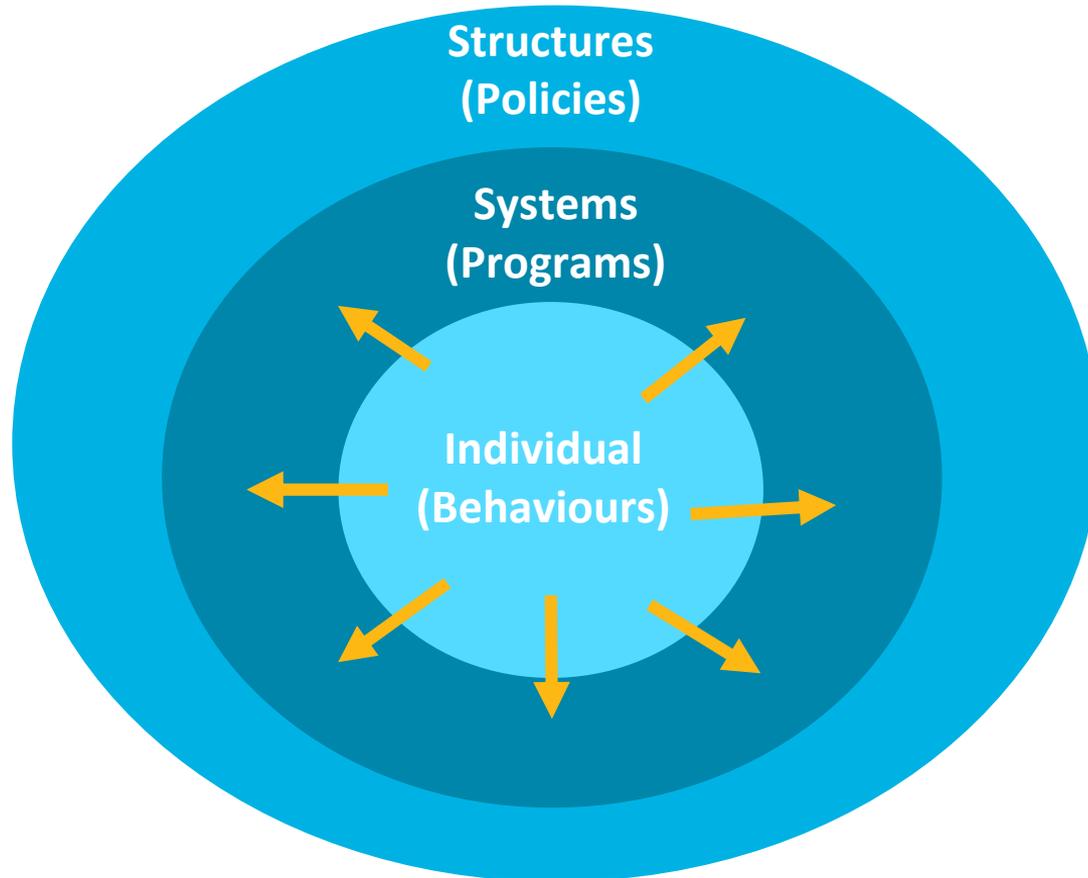
What chapter(s) of the report will you first turn to? (Select all that apply)

1. Social determinants of health
2. First Nations, Inuit, Métis and urban Indigenous health
3. Commercial tobacco
4. Alcohol
5. Healthy eating
6. Physical activity
7. Environmental exposures
8. Occupational exposures
9. Infectious agents

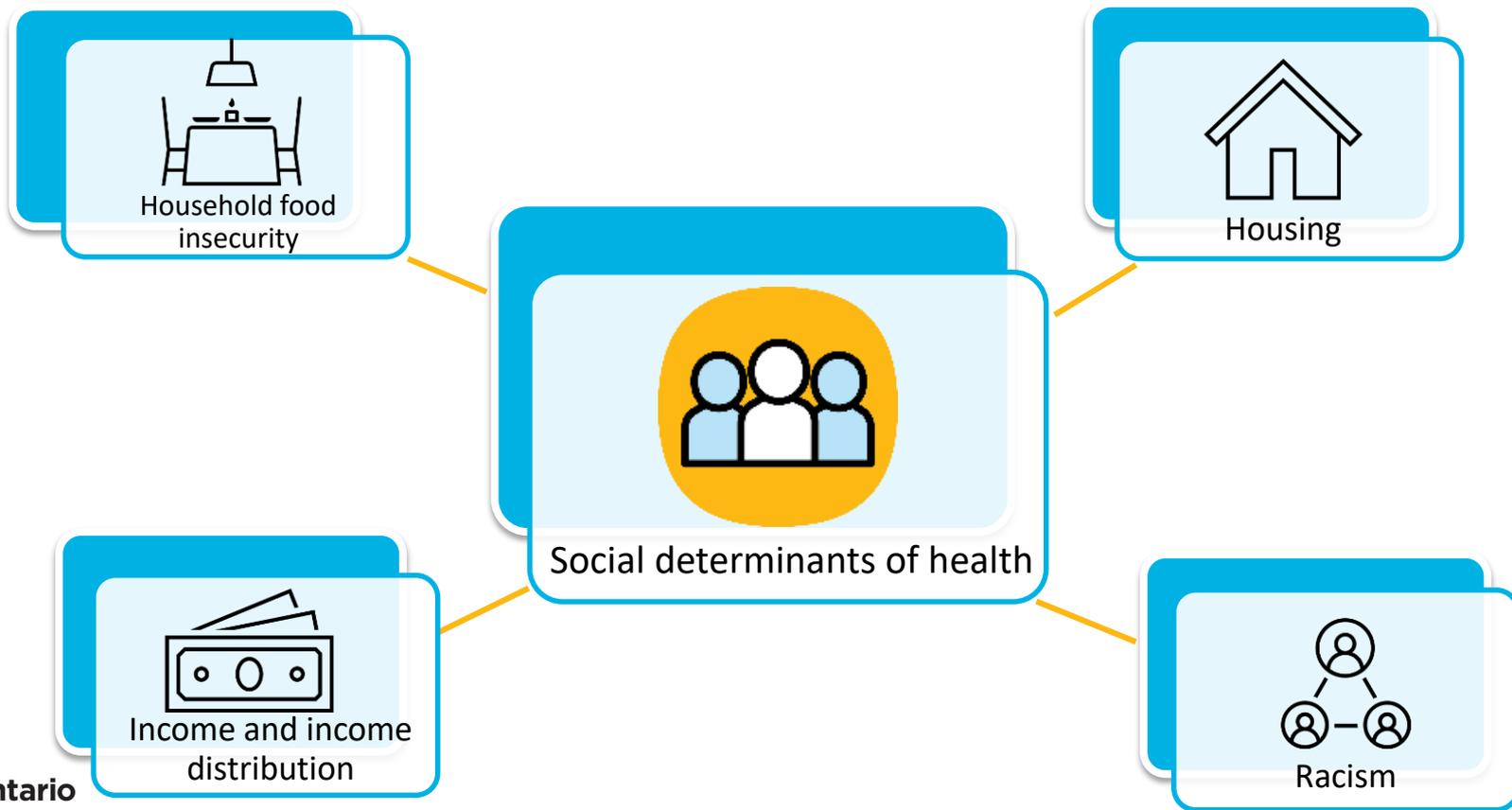


Health equity approach

Population Health



NEW: Social Determinants of Health chapter



NEW: First Nations, Inuit, Métis and urban Indigenous Health chapter

Developed in collaboration with Ontario Health's Indigenous Cancer Care Unit

Dedicated chapter with population-specific sections and content

Highlights the impacts of colonialism and anti-Indigenous racism, helping readers contextualize findings



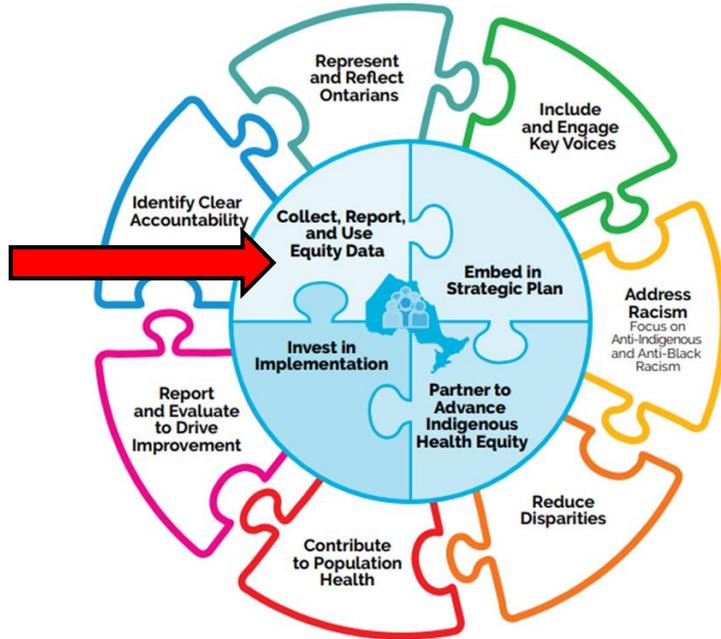
Analytics

Two types of indicators

Types	Examples	Data sources
Risk factor prevalence	<ul style="list-style-type: none">• % daily or occasional commercial tobacco users• % not meeting physical activity recommendations	<ul style="list-style-type: none">• Canadian Community Health Survey (CCHS)• Canadian Income Survey• Center for Addiction and Mental Health (CAMH)
Policy activities and exposure prevalence	<ul style="list-style-type: none">• Alcohol Minimum Unit Pricing• Tobacco Taxes• Smoke-free policies in local housing	<ul style="list-style-type: none">• Admin databases (e.g., Ministry of Education, LCBO, AGCO)• Existing reports (e.g., PHO immunization coverage)• Primary research

Indicator	Equity/SDF stratifications	First Nations, Inuit, Métis, and urban Indigenous	PHU (or municipality*)
Daily or occasional commercial tobacco use	X	X	
Second-hand smoke exposure (by location of exposure)	X		
Long-term smoking cessation	X	X	X
Alcohol consumption	X	X	
Inadequate vegetable and fruit intake	X		
Physical inactivity	X		
Active transportation use	X		
Sun protection use	X		
Percent of alcohol retail stores that are privately owned			X
Alcohol outlet density (on-premises, off-premises, total)			X
Household food insecurity			X
Up-to-date HPV vaccination coverage in Ontario students			X
Up-to-date Hep B vaccination coverage in Ontario students			X
Smoke-free policies in social housing			X*
Shade policies in local municipalities			X*

Risk factor analysis by equity/sociodemographic stratifications



Sex

Male, female

Household income quintile

Q1 to Q5

Racial group*

White, South Asian, East Asian, Black, Southeast Asian, Latin American, Arab or West Asian, Other, Multiple

Immigration status*

Canadian-born, ≤10 years in Canada, >10 years in Canada

Geography*

Urban, rural

*New to 2023 report

Risk factor analysis for First Nations, Inuit, Métis and urban Indigenous populations

- Three indicators for each population:
 - Daily or occasional commercial tobacco use
 - Long-term smoking cessation
 - Alcohol consumption
- Highlights the impacts of colonialism and anti-Indigenous racism, helping readers contextualize findings

Poll Question

Which equity stratifications do you use in your work? (Select all that apply)

1. Sex
2. Household income quintile
3. Racial group
4. Indigeneity
5. Immigration status
6. Rural vs. urban
7. Education level
8. Occupation status
9. Sexual orientation
10. Other
11. None
12. Not applicable to my work



Sample chapter - Alcohol

Context: Alcohol in Ontario

- 2023 Canada's Guidance on Alcohol and Health
- WHO's Global Action Plan 2022- 2023
 - Cost effective alcohol policy options
- Alcohol availability in Ontario increased
- Higher burden for people with lower income

Poll Question

What is the current guidance on alcohol and health from the *Canadian Centre on Substance Use and Addiction* (CCSA) to avoid alcohol-related consequences? (Select one)

Consuming no more than...

1. 2 drinks per week for women and men
2. 1 drink per week for women and 2 drinks per week for men
3. 1 drink per day for women and 2 drinks per day for men

Alcohol Policy Solutions

Increase

Increase taxes
on alcohol
drinks

Restrict

Restrict alcohol
availability

Enforce

Enforce media
bans on
advertisements

Population Health Approach

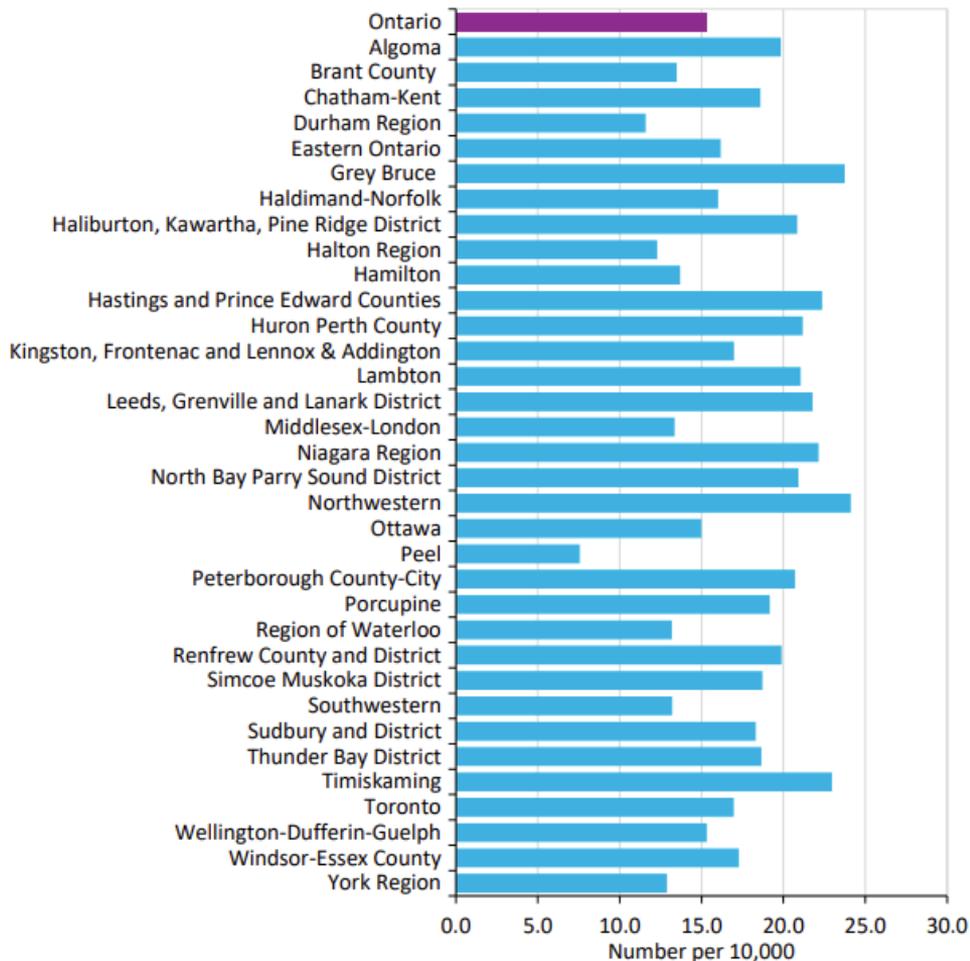


Example: Alcohol Pricing – Policy Impact

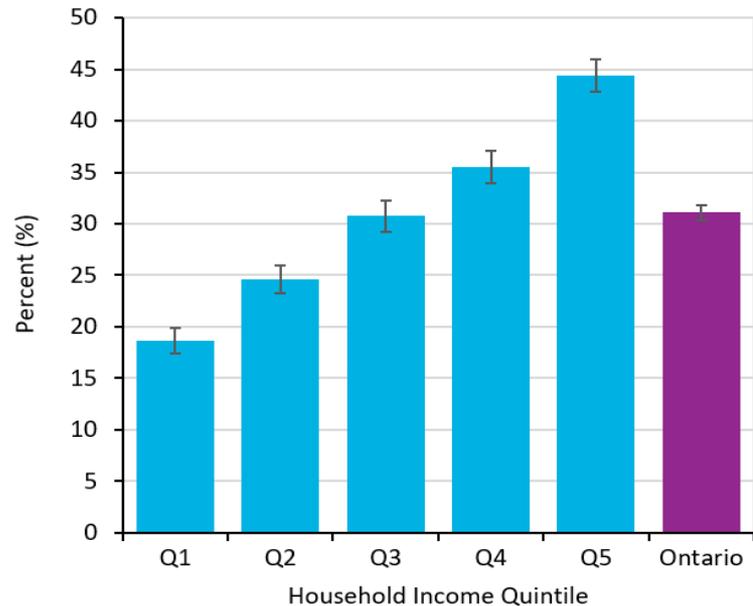
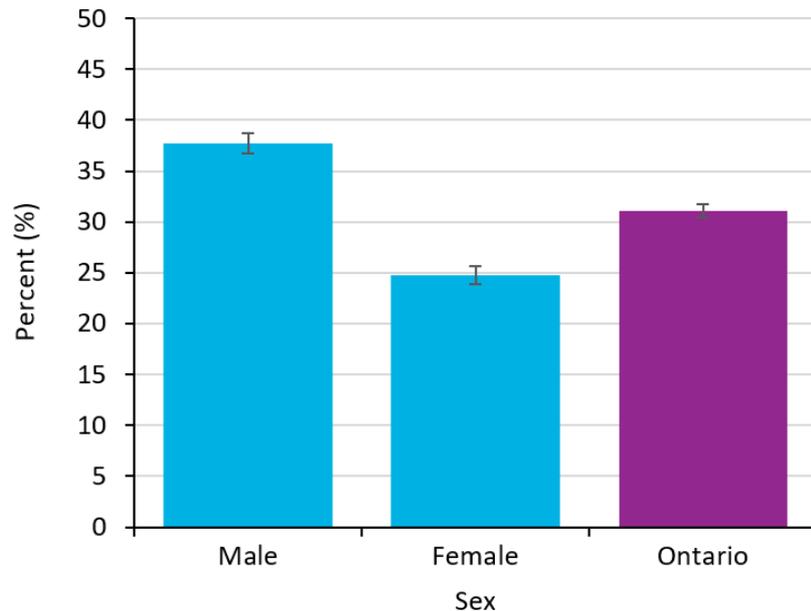
Year	Beer 5% (\$ per drink)	WHO Recommended (\$)	Difference
2013	\$1.25	\$1.57	\$0.32
2014	\$1.27	\$1.59	\$0.32
2015	\$1.29	\$1.61	\$0.32
2016	\$1.31	\$1.64	\$0.33
2017	\$1.33	\$1.67	\$0.34
2018	\$1.35	\$1.70	\$0.35
2019	\$1.06	\$1.75	\$0.69
2020	\$1.06	\$1.76	\$0.70
2021	\$1.06	\$1.84	\$0.78
2022	\$1.06	\$1.97	\$0.91



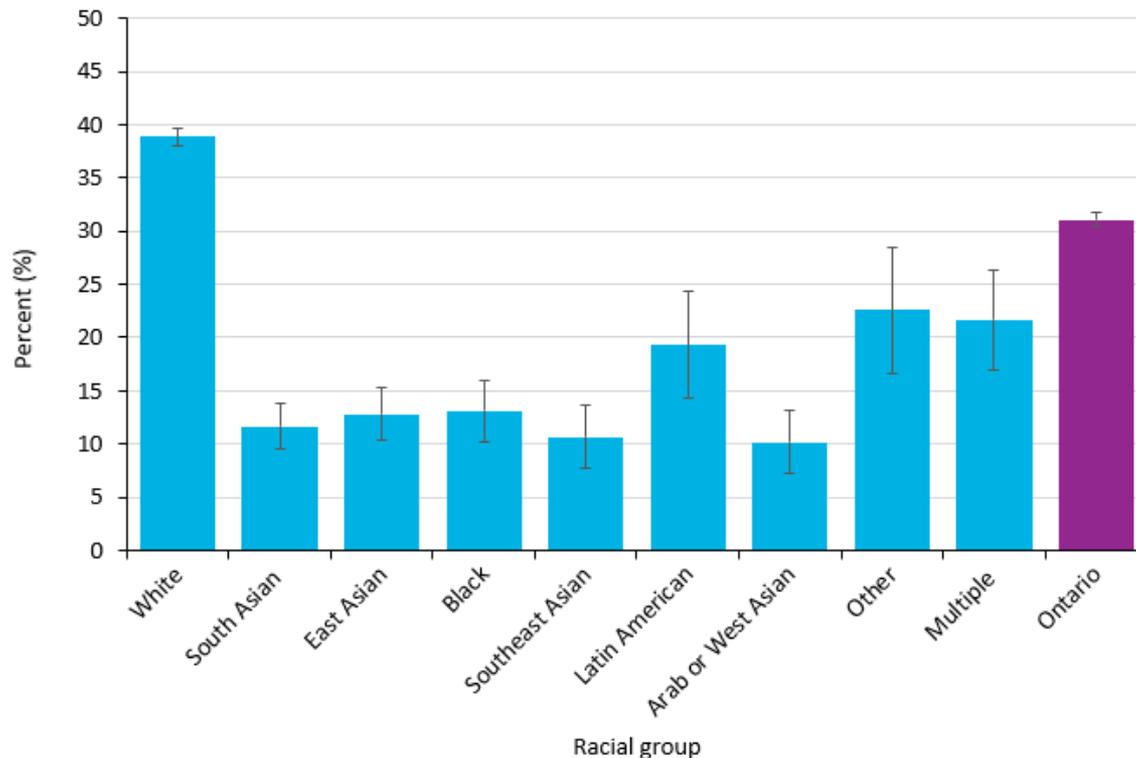
Example: Total number of alcohol outlets per 10,000 people (age 15+), by PHU, 2022



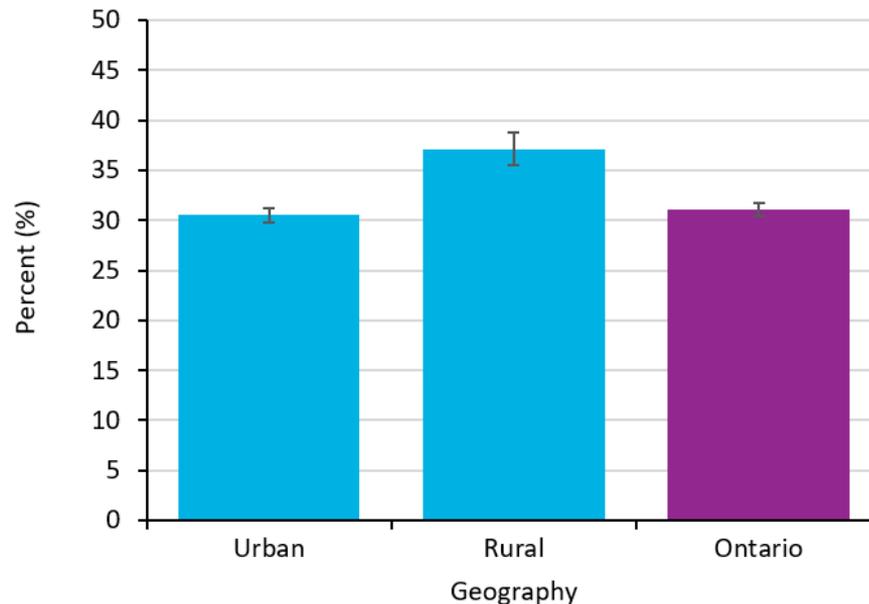
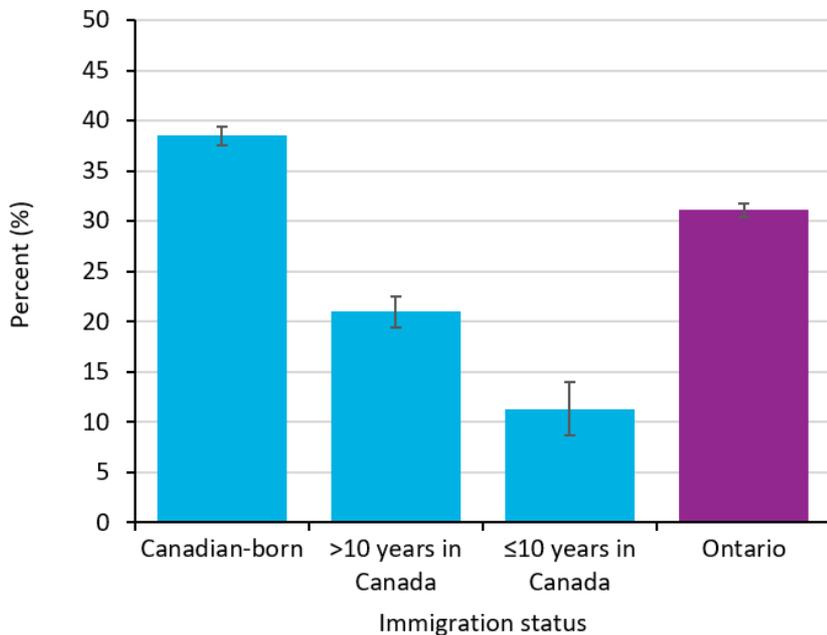
Example: Percent of adults (19+) reporting drinking >2 drinks in the past week, 2017-2020, by equity stratifications (slide 1 of 3)



Example: Percent of adults (19+) reporting drinking >2 drinks in the past week, 2017-2020, by equity stratifications (slide 2 of 3)



Example: Percent of adults (19+) reporting drinking >2 drinks in the past week, 2017-2020, by equity stratifications (slide 3 of 3)



Example: Percent of First Nations, Inuit, Métis and urban Indigenous adults (20+) reporting drinking >2 drinks in the past week, 2015-2020

Population	Prevalence	Sample size
First Nations	38.9%	1552
Inuit	34.9% †	39
Métis	38.4%	1122
Urban Indigenous	38.7%	2004

†Interpret with caution due to high sampling variability in the estimate

Poll Question

**Which indicator results surprised you the most regarding alcohol in Ontario?
(Select one)**

1. Alcohol drinking behaviours by sex
2. Alcohol drinking behaviours by household income quintile
3. Alcohol drinking behaviours by racial group
4. Alcohol drinking behaviours by immigration status
5. Alcohol drinking behaviours by urban/rural geography



Key report findings

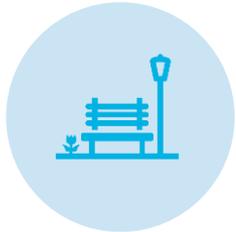
Indicators moving in a positive direction



Smoking rates in Ontario decreased



Three more local housing corporations introduced a smoke-free policy



Three more local municipalities strengthened their shade policies since 2018



Annual mean fine particulate matter concentrations in Ontario decreased

Indicators: areas for improvement

Tobacco taxes in Ontario

Minimum alcohol prices

Physical education specialist teachers

Public secondary school enrolment in PE courses

Household food insecurity

Limitations of the Report

Data limitations

Impact of COVID-19

Policy limitations: response rate



Knowledge mobilization

How to mobilize this report



Use regional data



Promote dialogue



Share with public health agencies and partners

Poll Question

Where do you work? Choose most applicable. (Select one)

1. Public health unit
2. Provincial government
3. Provincial government agency
4. Non-governmental organization
5. Academic institution
6. Other

Who received the report?

1. Ministry of Health, Health Promotion and Prevention Policy and Programs Branch
2. Select other Ministries, for example Ministry of Finance, Cannabis & Alcohol Policy Unit re: alcohol pricing and availability
3. Ontario Health Regions and Ontario Health Teams
4. Public health units - Medical Officers of Health, Ontario Chronic Disease Prevention Management in Public Health and other networks
5. Ontario Chronic Disease Prevention Alliance and NGOs



Thank you for listening!



Questions?

 prevention@ontariohealth.ca