

Public health nurses: bringing health home

Les infirmières-hygienistes : la santé à la maison



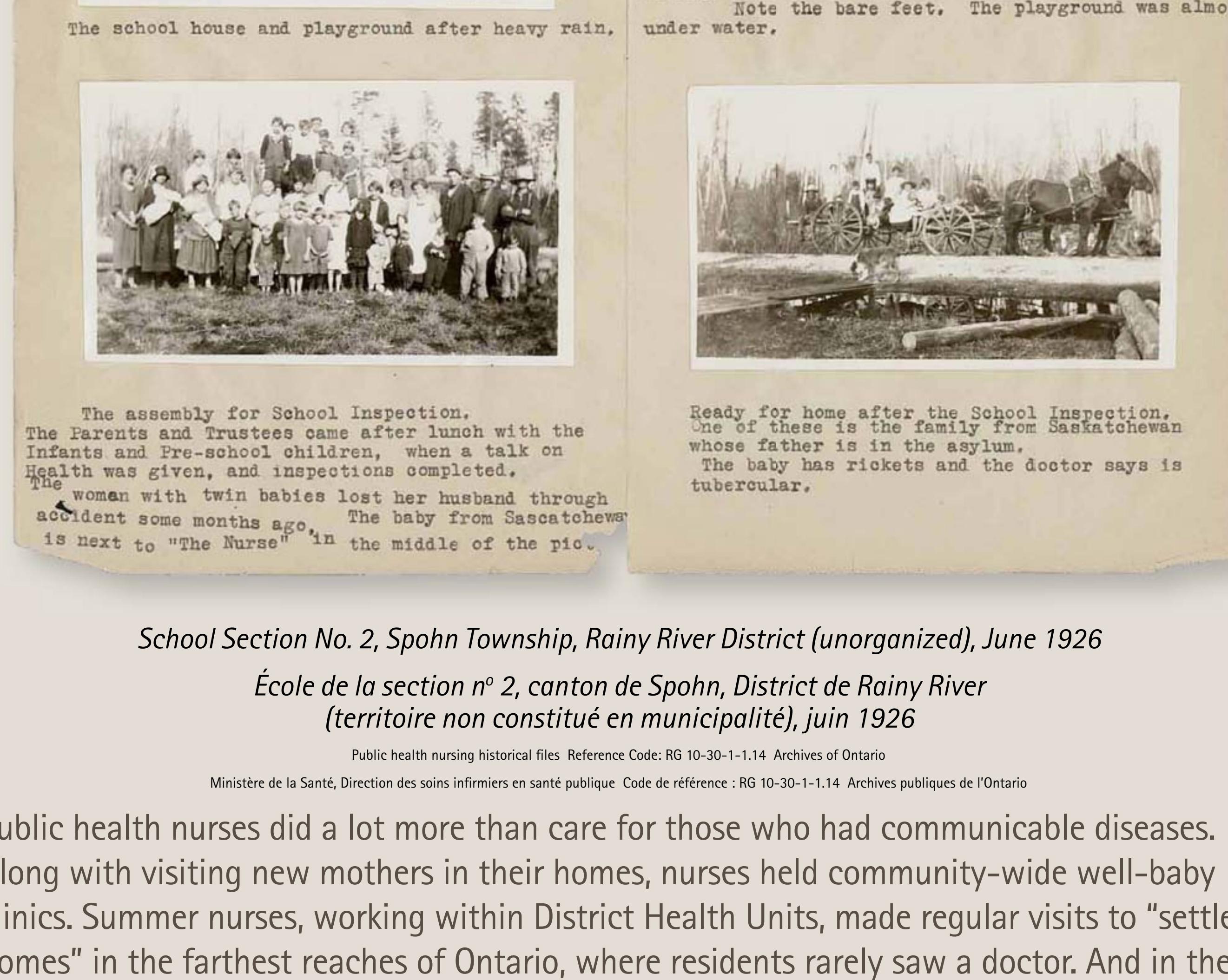
Well-baby clinic, Hamilton, ca. 1930

Clinique des nouveau-nés, Hamilton [vers 1930]

Public Health Nursing Branch Reference code: RG 10-30-2, 1.145 Archives of Ontario, I0005274
Ministère de la Santé, Direction des soins infirmiers en santé publique Code de référence : RG 10-30-2, 1.145 Archives publiques de l'Ontario, I0005274

Since the early 20th century, public health nurses have been the front-line workers of health education and promotion—they literally brought the message home. Their visits and the many pieces of health literature they provided to their patients—pamphlets, brochures, and booklets—helped many Ontarians learn how to live healthier lives.

The roots of public health nursing go back to the beginning of the 20th century. Communicable diseases kept many children away from school. So the province started placing nurses in schools to both treat sick children and promote public health education.



School Section No. 2, Spohn Township, Rainy River District (unorganized), June 1926

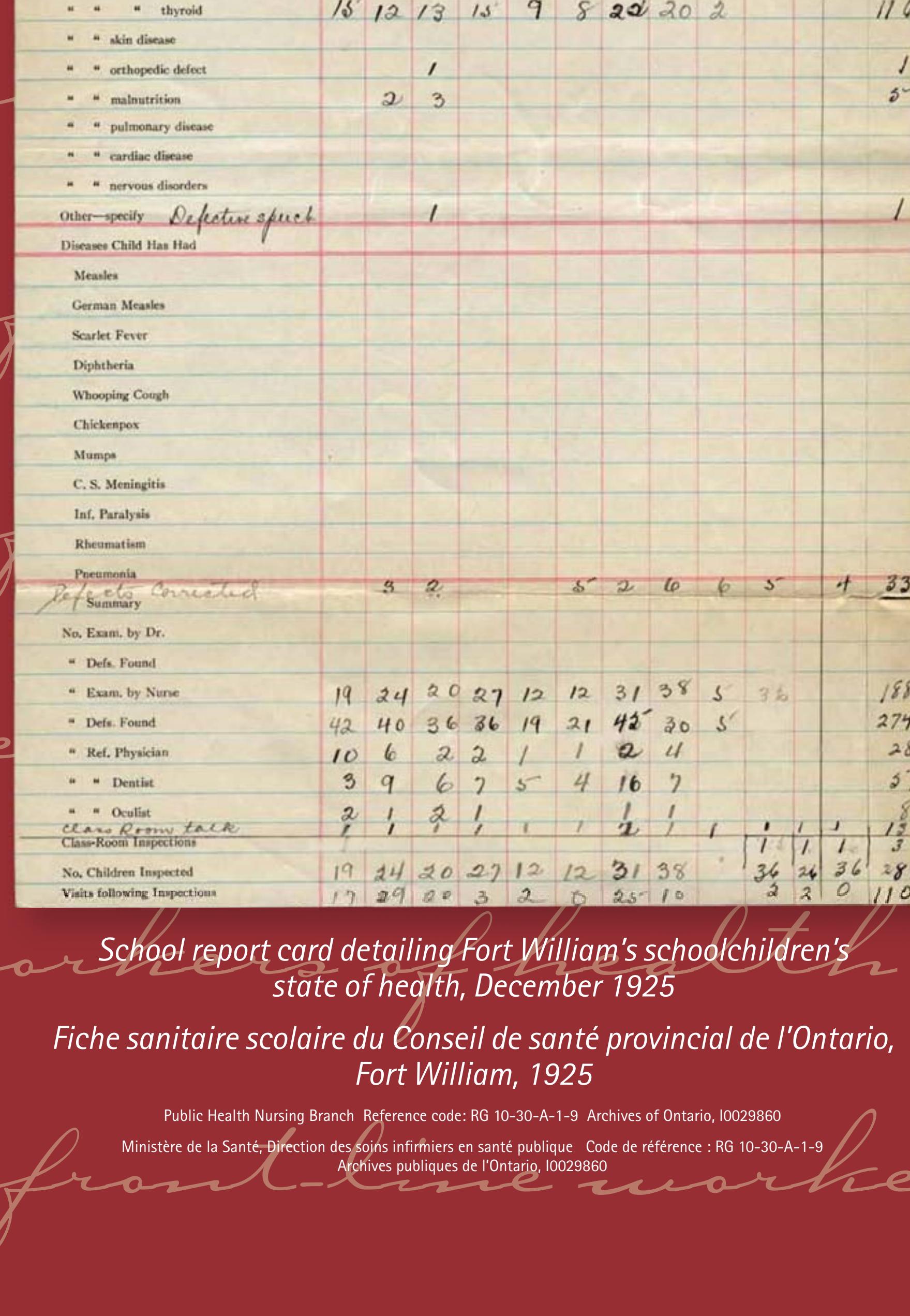
École de la section n° 2, canton de Spohn, District de Rainy River (territoire non constitué en municipalité), juin 1926

Public health nursing historical files. Reference code: RG 10-30-1-1.14 Archives of Ontario
Ministère de la Santé, Direction des soins infirmiers en santé publique. Code de référence : RG 10-30-1-1.14 Archives publiques de l'Ontario

Public health nurses did a lot more than care for those who had communicable diseases. Along with visiting new mothers in their homes, nurses held community-wide well-baby clinics. Summer nurses, working within District Health Units, made regular visits to "settler homes" in the farthest reaches of Ontario, where residents rarely saw a doctor. And in the spring and fall, nurses performed school health inspections in these areas, and gave prenatal and home nursing classes to residents.

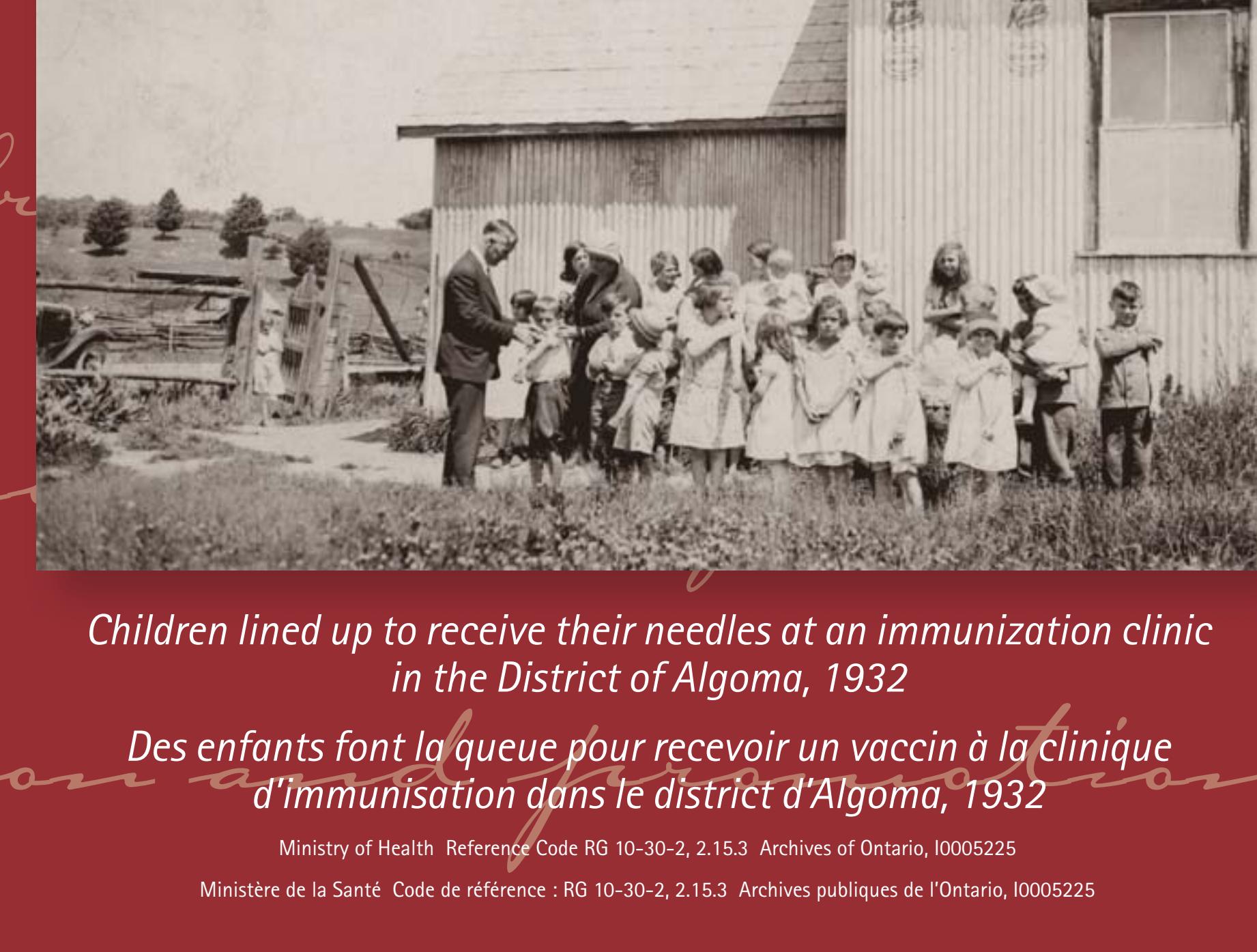
Public health nurses were also very involved in demonstrations at fall fairs, mobile clinics, and other public health-promotion activities.

By the 1970s, public health nursing was the responsibility of the Ontario government's Health Promotion Branch. Public health nurses were, as they had always been, at the forefront of the promotion of healthy living in Ontario.



Fiche sanitaire scolaire du Conseil de santé provincial de l'Ontario, Fort William, 1925

Public Health Nursing Branch Reference code: RG 10-30-1-1.9 Archives of Ontario, I0029860
Ministère de la Santé, Direction des soins infirmiers en santé publique. Code de référence : RG 10-30-1-1.9 Archives publiques de l'Ontario, I0029860



Children lined up to receive their needles at an immunization clinic in the District of Algoma, 1932

Ministère de la Santé, Direction des soins infirmiers en santé publique. Code de référence : RG 10-30-1-1.9 Archives of Ontario, I0029832
Ministère de la Santé, Direction des soins infirmiers en santé publique. Code de référence : RG 10-30-1-1.9 Archives publiques de l'Ontario, I0029832

Archives of Ontario

Archives publiques de l'Ontario

THE THRILL OF DISCOVERY
LE FRISSON DE LA DÉCOUVERTE

Living longer, living healthier: 1921 to 1947

Vivre plus longtemps, vivre en meilleure santé, de 1921 à 1947



Woman being tested for tuberculosis on the Ontario Tuberculosis Association Chest X-Ray Train, ca. 1950

Femme se soumettant à un test de dépistage à la clinique ambulante sur rail de radiographie pulmonaire de l'Association ontarienne de prévention de la tuberculose [vers 1950]

Canada Pictures Limited. Ministry of Health Reference Code: RG 10-145. Archives of Ontario, I000505

Canada Pictures Limited. Ministère de la Santé. Code de référence : RG 10-145 Archives publiques de l'Ontario, I000505

By the 1920s, the focus of public health in Ontario had shifted from concerns about housing, sewers, and clean water to health education and the prevention of disease.

After World War One, many veterans brought home a new medical and moral challenge—venereal disease (VD). A whole new infrastructure was set up to treat the veterans, and to educate all Ontarians about how to prevent VD. Ontario's Division of Public Health Education, formed in 1921, started the country's first comprehensive health education program. It sent nurses and educators across the province, screening films, giving lectures, and talking to people about the importance of healthy living.

Certain diseases, such as smallpox and typhoid fever, were well controlled through vaccination efforts by the 1920s. Yet other diseases continued to claim lives. Tuberculosis (TB) proved to be the most virulent of these. Its devastation prompted the Provincial Board of Health to carry out a huge public awareness and prevention campaign, producing and distributing pamphlets, lectures, displays, and traveling exhibitions.

For decades, TB was an urban scourge. It claimed thousands of lives and touched families everywhere. In 1908, regulations had been passed to try to control the spread of TB, including compulsory reporting of all known cases. But these regulations had little effect.

In 1924, the provincial Health Department started the first traveling diagnostic clinic for TB. Free mass screenings at the chest clinics helped educate both doctors and the public about the prevalence and devastating effects of TB, taught people how to prevent the disease, and made everyone much more "tuberculosis-conscious."

Although there had been TB sanatoria in Ontario since the late 1890s, more isolation and treatment centres were set up across the province. Public health officials also went into workplaces and schools across the province, testing for TB and distributing educational materials.

Advances in treatment helped Canadians become healthier too—new drugs and other medical advances began to prolong many people's lives.

The promotion of healthy living by the Government of Ontario has a long and fascinating history. The history of health promotion in Ontario is also, of course, the history of the health of Ontarians. From tuberculosis to H1N1, the approach to encouraging healthy living has changed as needs have changed.

L'histoire de la promotion de modes de vie sains par le gouvernement de l'Ontario est riche et fascinante. Cette histoire est aussi, on le devine, celle de la santé des Ontariens et des Ontariennes. De la lutte contre la tuberculose à celle contre l'épidémie de grippe H1N1, la stratégie employée pour inciter les gens à adopter des modes de vie sains a évolué en fonction des besoins.

Au cours des années 1920, la mission de la santé publique en Ontario réoriente ses priorités, alors axées sur le logement, les égouts et l'eau potable : l'éducation sanitaire et la prévention des maladies sont désormais au cœur des préoccupations.

Après la Première Guerre mondiale, au retour des vétérans, un nouveau problème médical et moral se pose : les infections transmissibles sexuellement (ITS). Une nouvelle infrastructure est mise en place pour traiter les vétérans et sensibiliser la population ontarienne à la prévention des ITS. La Direction de l'éducation en matière de santé publique, fondée en 1921, lance le premier programme d'éducation sanitaire complet au pays. Des infirmières et des éducateurs sont envoyés partout dans la province pour présenter des films, donner des séances d'information et enseigner l'importance d'adopter un mode de vie sain.

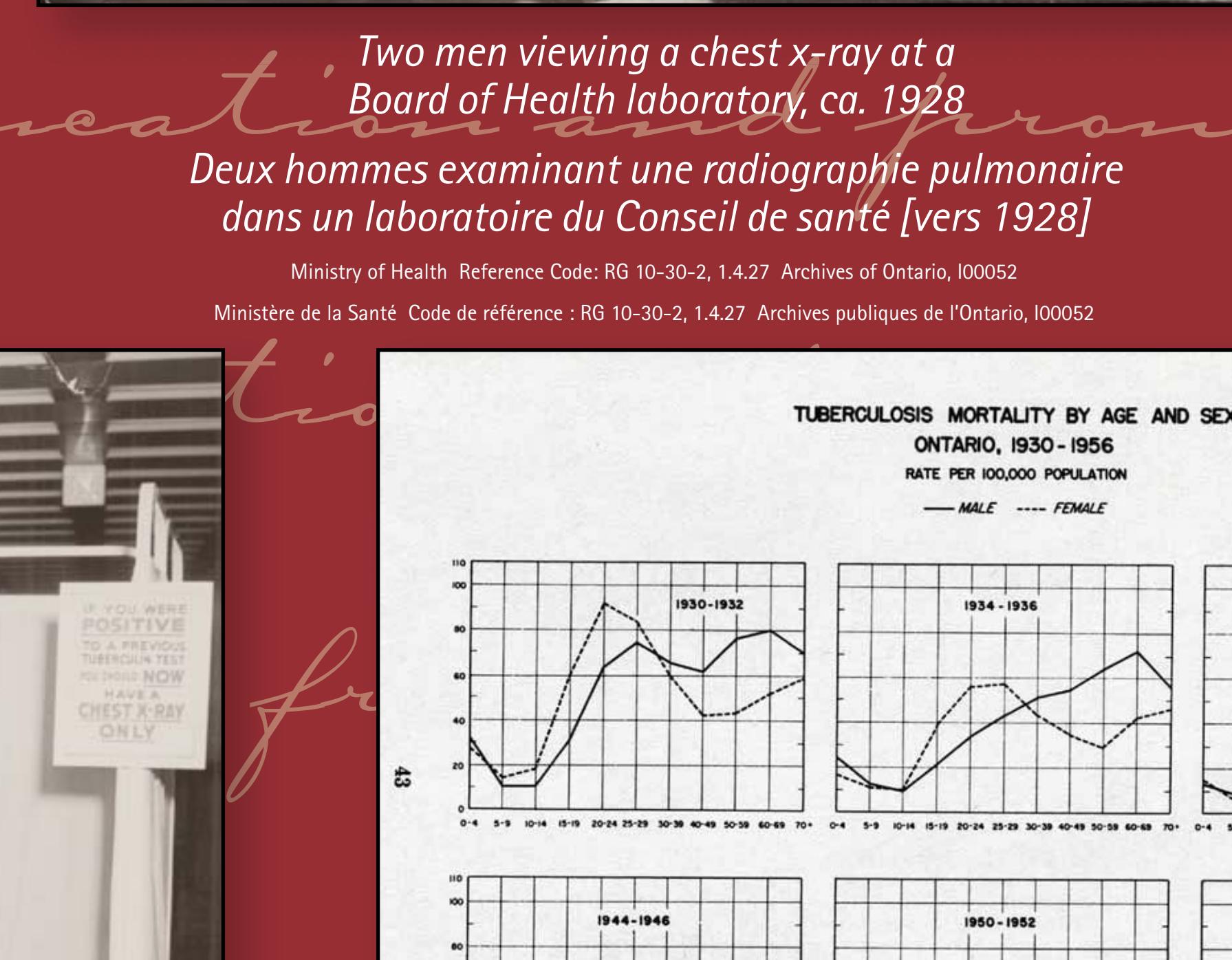
Dans les années 1920, certaines maladies, comme la variole et la fièvre typhoïde, sont bien contrôlées grâce aux campagnes de vaccination. Cependant, d'autres maladies continuent à faire des victimes, la tuberculose s'avérant la plus virulente. La dévastation qu'elle entraîne amène le Conseil de la santé provincial à entreprendre une vaste campagne de sensibilisation et de prévention auprès de la population, produisant et distribuant des dépliants, donnant des ateliers, des présentations et des expositions itinérantes.

Pendant des décennies, la tuberculose fait des ravages dans les villes. Elle fait des milliers de victimes et touche des familles aux quatre coins de la province. En 1908, des règlements visant à tenter de contenir la propagation de la tuberculose sont adoptés, notamment le signalement obligatoire des cas dûment diagnostiqués de la maladie. Toutefois, ces mesures ne donnent pas les résultats souhaités.

En 1924, le ministère provincial de la Santé lance la première clinique itinérante de dépistage de la tuberculose. Le dépistage gratuit de la maladie dans les cliniques de radiographie pulmonaire contribue à renseigner tant les médecins que la population sur la prévalence et les conséquences dévastatrices de la tuberculose, à enseigner comment prévenir la maladie et à sensibiliser davantage la population à ce fléau.

Malgré la mise en place de sanatoriums pour isoler les personnes atteintes de la tuberculose en Ontario depuis la fin des années 1890, l'établissement d'autres centres d'isolement et de traitement dans l'ensemble de la province s'impose. Les responsables de la santé publique se rendent tant dans les écoles que dans les milieux de travail pour procéder au dépistage de la tuberculose et distribuer de l'information.

Les progrès réalisés dans le traitement des maladies contribuent également à améliorer la santé des Canadiens. Les nouveaux médicaments et d'autres percées dans le domaine médical permettent de prolonger la vie de nombreuses personnes.

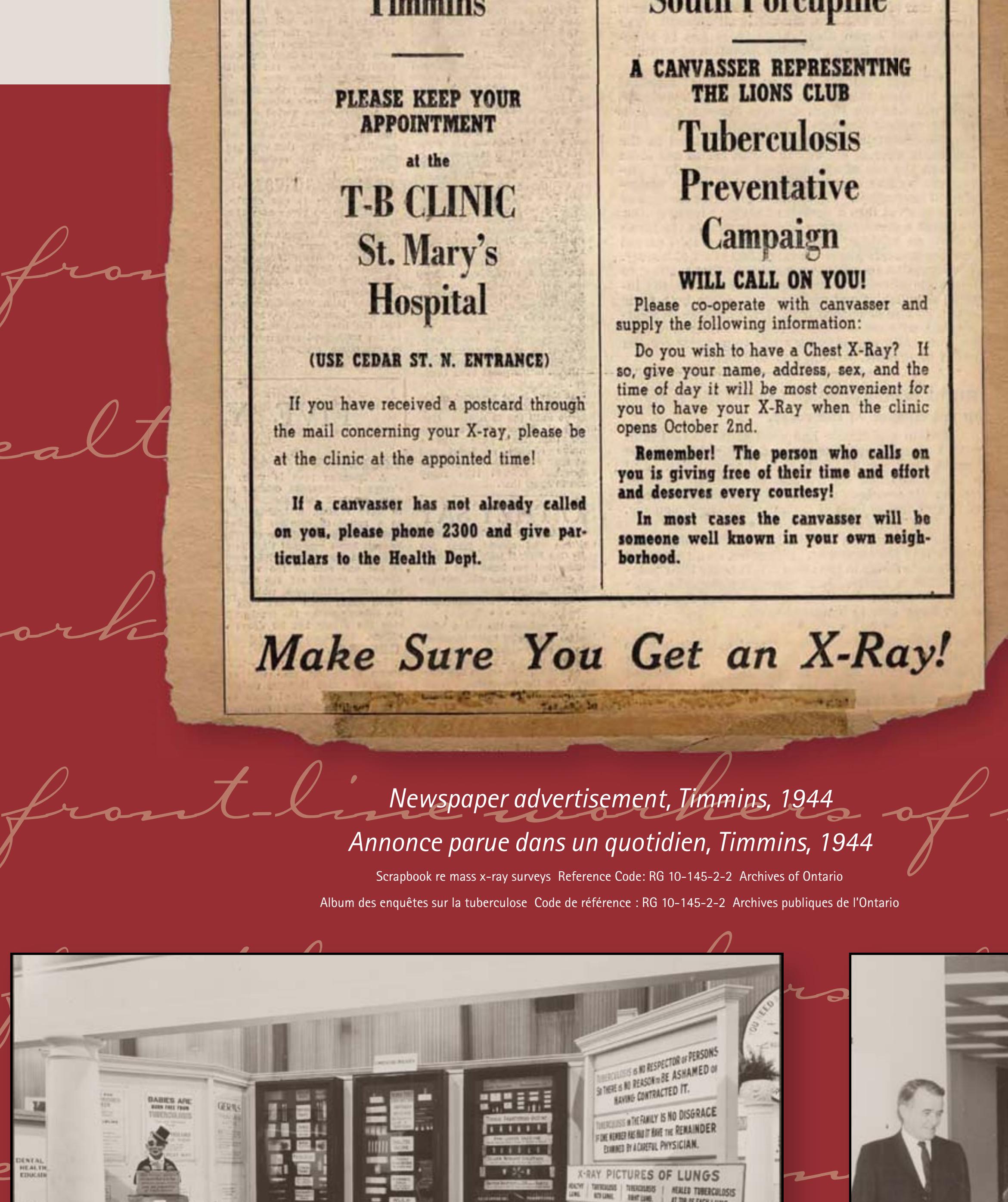


Two men viewing a chest x-ray at a Board of Health laboratory, ca. 1928

Deux hommes examinant une radiographie pulmonaire dans un laboratoire du Conseil de santé [vers 1928]

Ministry of Health Reference Code: RG 10-30-2, 1-4-27 Archives of Ontario, I00052

Ministère de la Santé. Code de référence : RG 10-30-2, 1-4-27 Archives publiques de l'Ontario, I00052



Newspaper advertisement, Timmins, 1944

Annonce parue dans un quotidien, Timmins, 1944

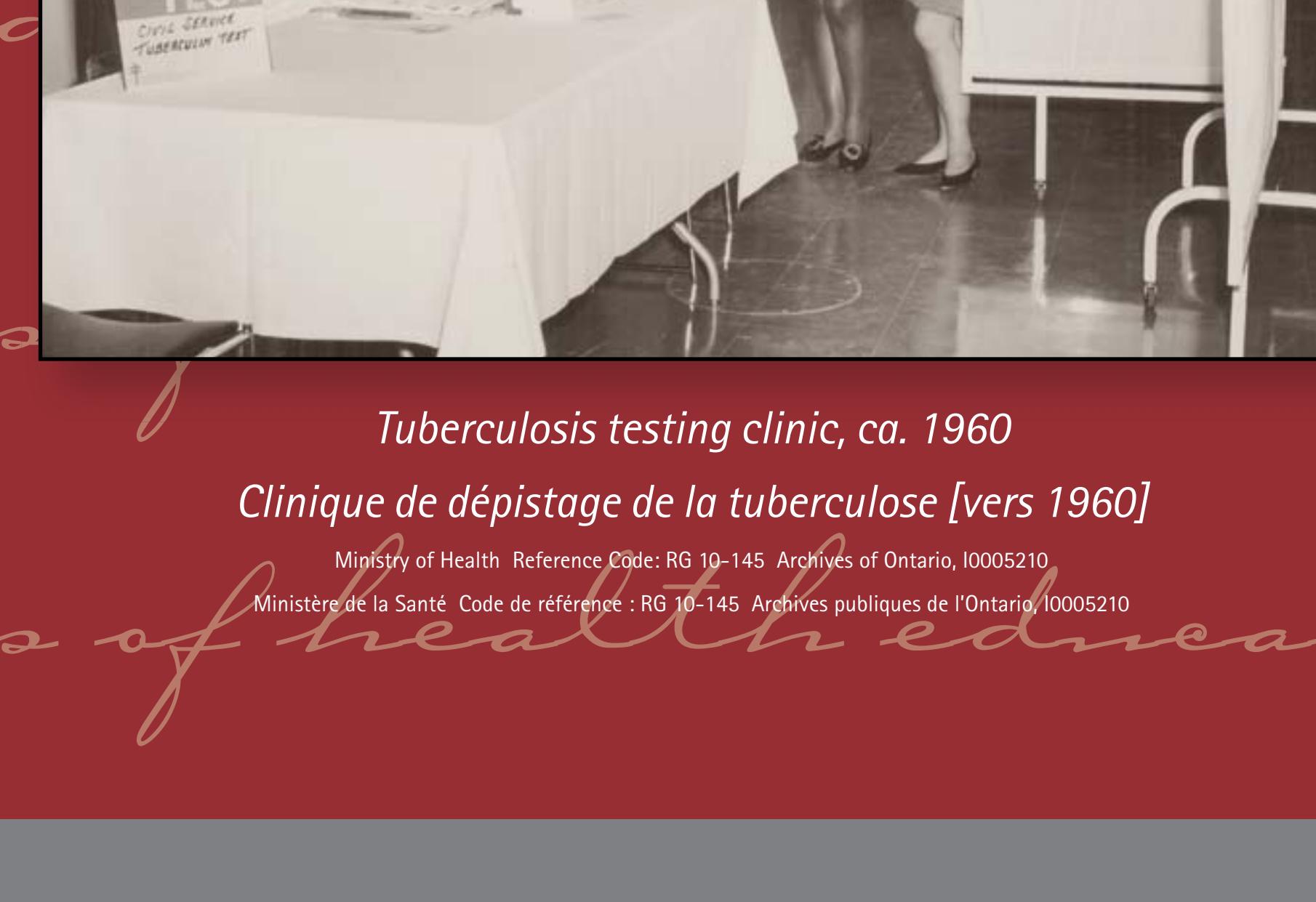
Scrapbook re mass x-ray surveys. Reference Code: RG 10-145-2-2 Archives of Ontario

Album des enquêtes sur la tuberculose. Code de référence : RG 10-145-2-2 Archives publiques de l'Ontario, I00052

Kiosque sur la tuberculose, Exposition nationale canadienne [vers 1924]

Public Health Nursing Branch Reference Code: RG 10-30-2, 2-4-8 Archives of Ontario, I00052

Ministère de la Santé. Direction des soins infirmiers en santé publique. Code de référence : RG 10-30-2, 2-4-8 Archives publiques de l'Ontario, I00052

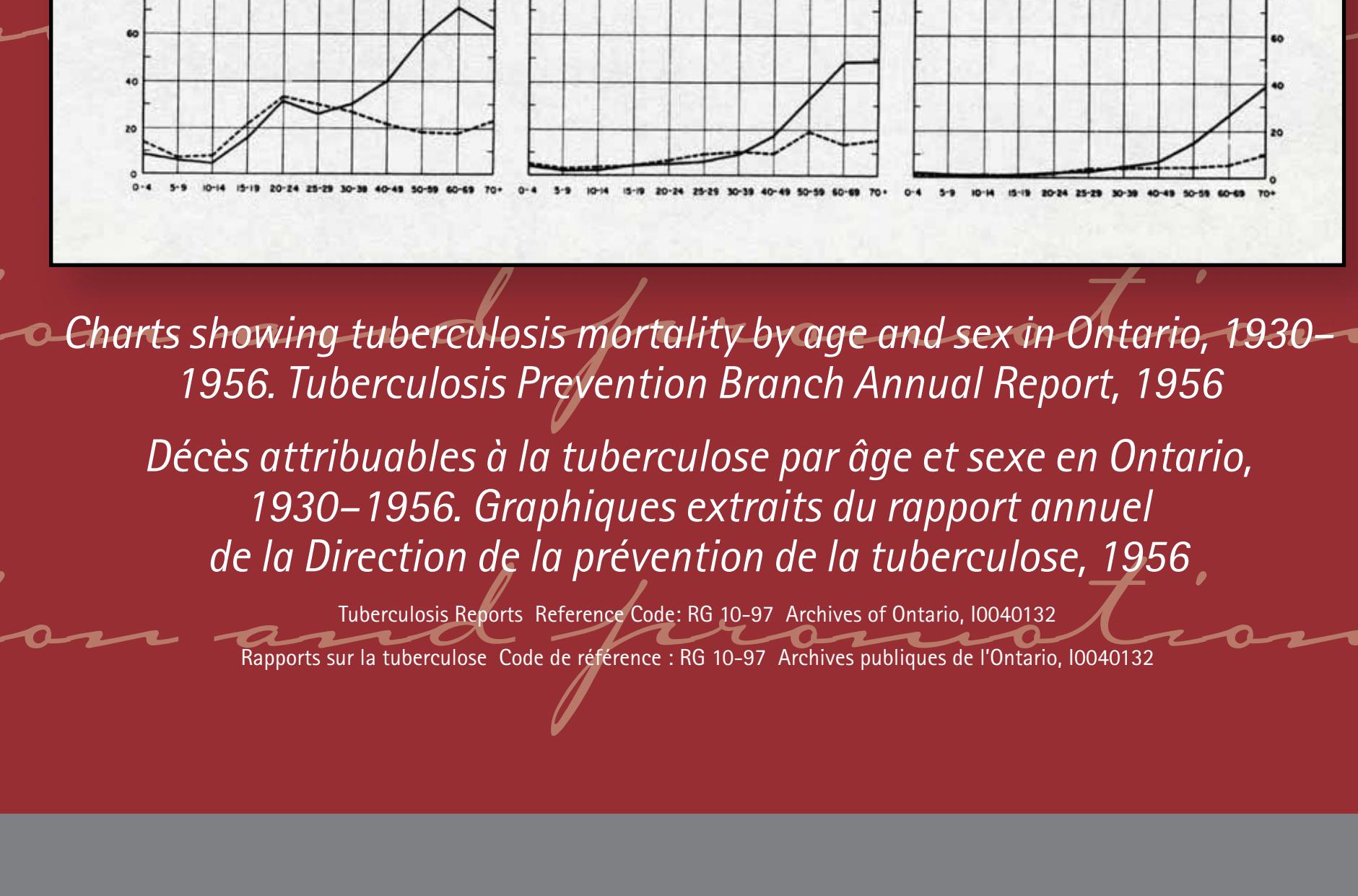


Tuberculosis testing clinic, ca. 1960

Clinique de dépistage de la tuberculose [vers 1960]

Ministry of Health Reference Code: RG 10-145 Archives of Ontario, I00052

Ministère de la Santé. Code de référence : RG 10-145 Archives publiques de l'Ontario, I00052



Charts showing tuberculosis mortality by age and sex in Ontario, 1930–1956. Tuberculosis Prevention Branch Annual Report, 1956

Décès attribuables à la tuberculose par âge et sexe en Ontario, 1930–1956. Graphiques extraits du rapport annuel de la Direction de la prévention de la tuberculose, 1956,

Tuberculosis Reports. Reference Code: RG 10-97 Archives of Ontario, I00052

Rapports sur la tuberculose. Code de référence : RG 10-97 Archives publiques de l'Ontario, I00052



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THE THRILL
OF DISCOVERY
LE FRISSON
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Mass marketing and social change: postwar

Les techniques de communication de masse et l'évolution sociale : l'ère de l'après-guerre



Man being tested for tuberculosis at a mobile tuberculosis testing clinic, ca. 1955

Test de dépistage de la tuberculose dans une clinique mobile de dépistage de la tuberculose [vers 1955]

Gilbert Milne Ministry of Health fonds. Reference Code: RG 10-145. Archives of Ontario, I00052

Fonds Gilbert Milne, Ministère de la Santé. Code de référence : RG 10-145

Archives publiques de l'Ontario, I00052



In 1947, the World Health Organization (WHO) proclaimed that "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." This new approach to healthy living was a clear change from the past, spurred on by the devastation of World War Two and a determination to make the world a safer, healthier place for all.

The success of mass immunization campaigns and the availability of a large variety of new drugs and treatments made the prevention of disease and the promotion of health more possible than ever. Large-scale advertising campaigns and "social marketing" tools became the norm, as the government took a much more active role in the promotion of healthy living. Governments began to concentrate on helping people prevent disease. Canadians' demands to do something about the high cost of good medical care also pushed governments to seriously consider the concept of publicly funded medicine: on January 1, 1959, hospital insurance was introduced in Ontario, and on October 1, 1969, a comprehensive system of medicare became available to all.

But medicare didn't really address the issue of preventive health. The promotion of healthy living required a different, far-reaching approach.

The Ontario government began a series of mass-marketing campaigns. These campaigns talked about the health benefits of quitting smoking, following the Canada Food Guide, keeping one's immunizations up to date, and getting enough physical exercise, among other things.

The 1960s were an especially active time for these mass-marketing campaigns, and the beginning of a whole new understanding of the importance of good health and healthy living. The health-promotion field developed in tandem with other social movements of the time, such as feminism and environmentalism. These movements challenged old ways of doing things with new ideas and approaches.

The government followed the lead of its health professionals and began to invest in good health for all. It began producing a large variety of materials on many aspects of healthy living. Everyone, from the youngest school child to the oldest nursing-home resident, would have access to these materials.

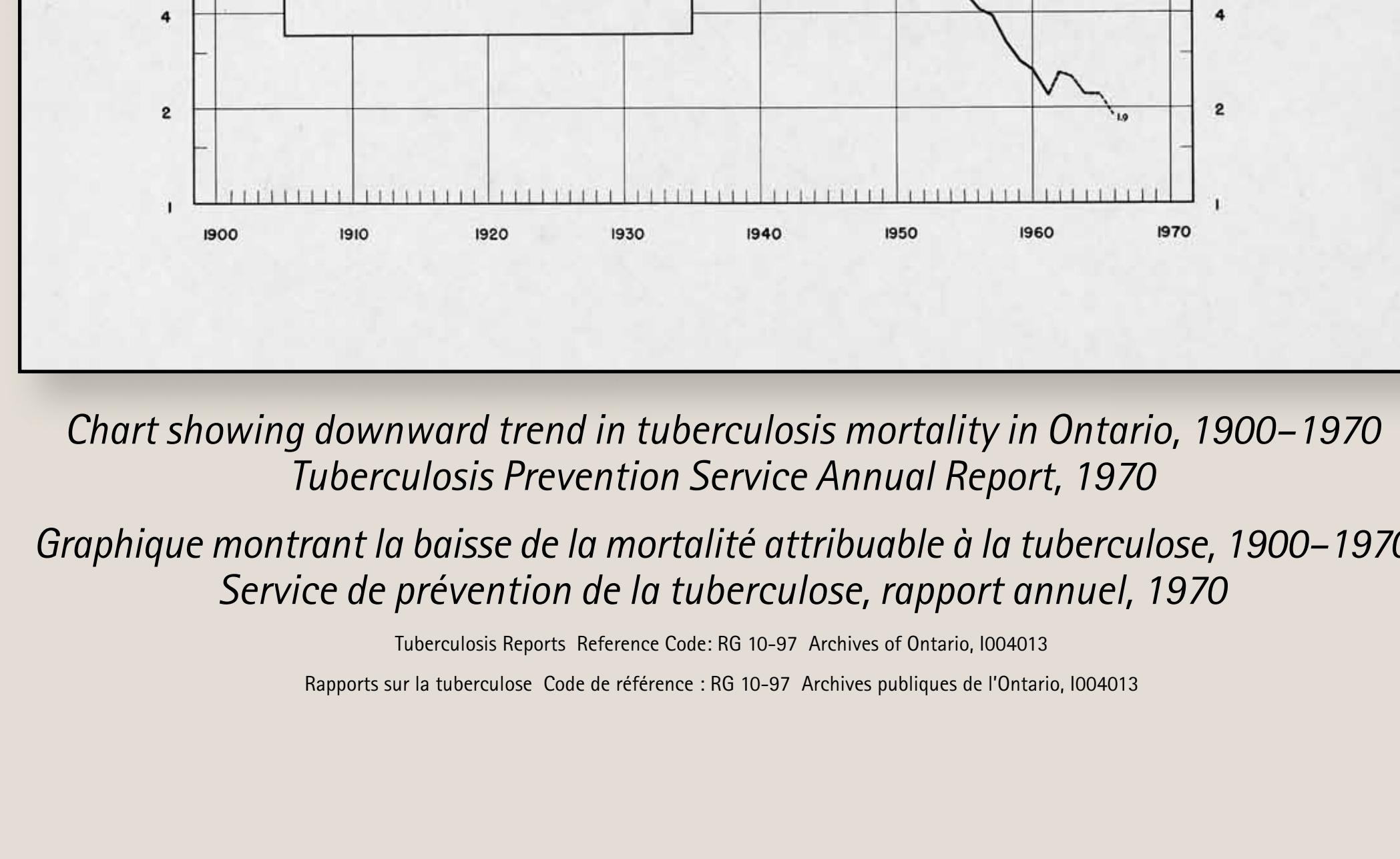


Chart showing downward trend in tuberculosis mortality in Ontario, 1900-1970
Tuberculosis Prevention Service Annual Report, 1970

Graphique montrant la baisse de la mortalité attribuable à la tuberculose, 1900-1970
Service de prévention de la tuberculose, rapport annuel, 1970

Tuberculosis Reports. Reference Code: RG 10-97. Archives of Ontario, I004013

Rapports sur la tuberculose. Code de référence : RG 10-97. Archives publiques de l'Ontario, I004013

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En 1947, l'Organisation mondiale de la santé (OMS) proclame que la santé est un état complet de bien-être physique, mental et social, et non uniquement l'absence de maladie ou d'infirmité. Cette approche novatrice en matière de promotion de modes de vie sains, qui découle de la dévastation causée par la Deuxième Guerre mondiale et de la volonté de faire en sorte que le monde soit plus sécuritaire et salubre pour l'ensemble de ses habitants, représente une rupture radicale par rapport au passé.

Le succès des campagnes d'immunisation de masse et l'arrivée d'une panoplie de nouveaux médicaments et traitements rendent la prévention des maladies et la promotion de la santé plus réalisables que jamais. Les campagnes de publicité faisant appel aux techniques de communication de masse et de marketing social deviennent la norme, le gouvernement assumant un rôle plus actif dans la promotion des modes de vie sains.

Les gouvernements commencent à se concentrer sur des initiatives visant à aider la population à se prémunir contre la maladie. Les récriminations de la population canadienne contre les coûts élevés des soins de santé amènent également les gouvernements à envisager sérieusement le concept d'une médecine financée à même les fonds publics. Ainsi, le 1er janvier 1959, l'Ontario met en place un régime d'assurance-hospitalisation. Le 1er octobre 1969, un régime complet et universel d'assurance-maladie voit le jour.

Or, l'assurance-maladie ne règle pas vraiment la question de la santé préventive. La promotion de modes de vie sains nécessite une démarche différente, plus globale encore.

Le gouvernement de l'Ontario lance une série de campagnes de communication de masse qui vantent les bienfaits pour la santé de l'abandon du tabagisme, de l'observation des conseils du Guide alimentaire canadien, de la vaccination et de la pratique régulière d'une activité physique, par exemple.

Les années 1960 sont particulièrement riches en campagnes de communication de masse, ce qui marque le début d'une nouvelle vision de l'importance d'une bonne santé et de modes de vie sains. Le domaine de la promotion de la santé se développe parallèlement à d'autres mouvements sociaux qui apparaissent cette époque, comme le féminisme et la protection de l'environnement. Ces mouvements remettent en question les anciennes façons de faire, proposant de nouvelles idées et de nouvelles approches.

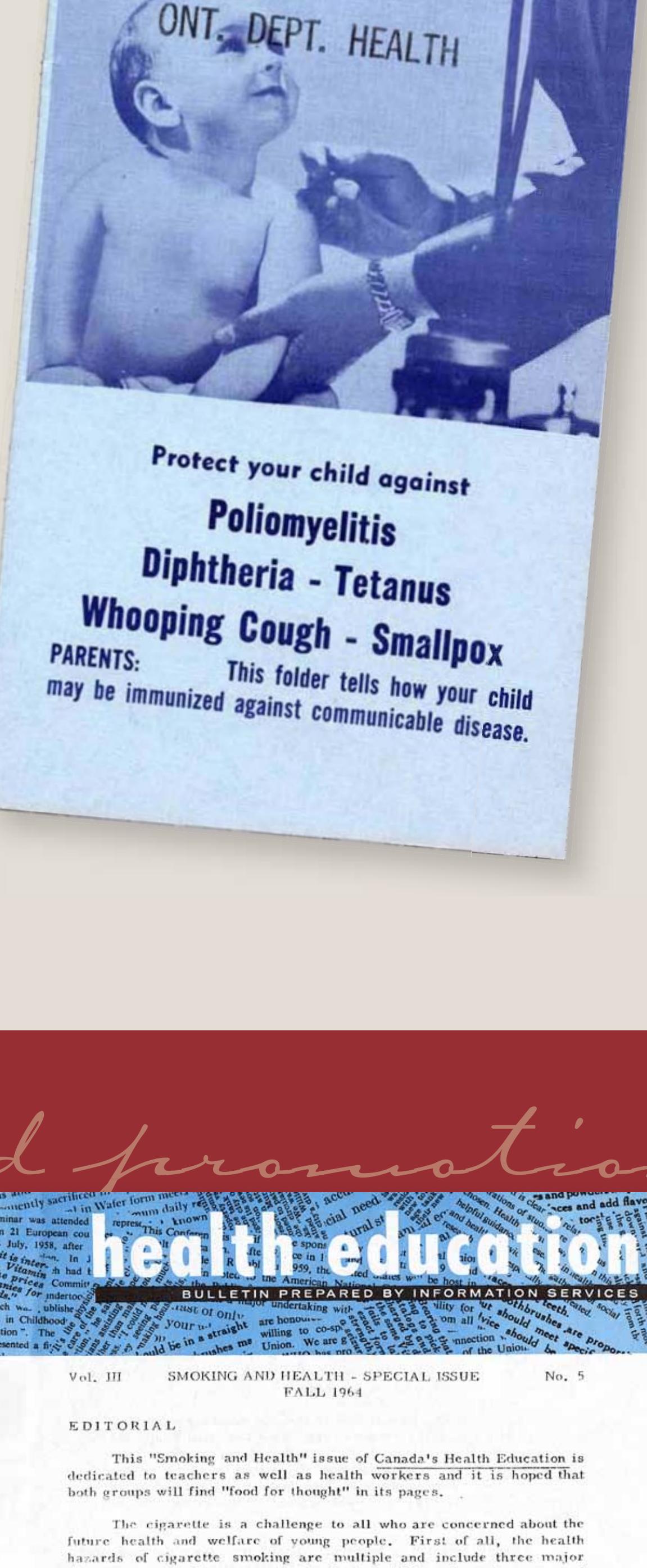
Le gouvernement de l'Ontario emprunte la voie tracée par les professionnels de la santé et commence à investir dans les initiatives favorisant une meilleure santé pour tous les Ontariens. Il se met à produire de nombreux documents sur divers aspects des modes de vie sains. Ces documents sont dorénavant accessibles à tous, de l'enfant sur les bancs d'école à la personne âgée en foyer d'accueil.

Protect your child against poliomyelitis, diphtheria, tetanus, whooping cough, smallpox. Issued by the Health League of Canada, Toronto. Distributed by Ontario Department of Health, 1959

« Protect your child against poliomyelitis, diphtheria, tetanus, whooping cough, smallpox », Dépliant, page couverture, 1959. Publié par la Ligue canadienne de santé, Toronto. Distribué par le ministère de la Santé de l'Ontario

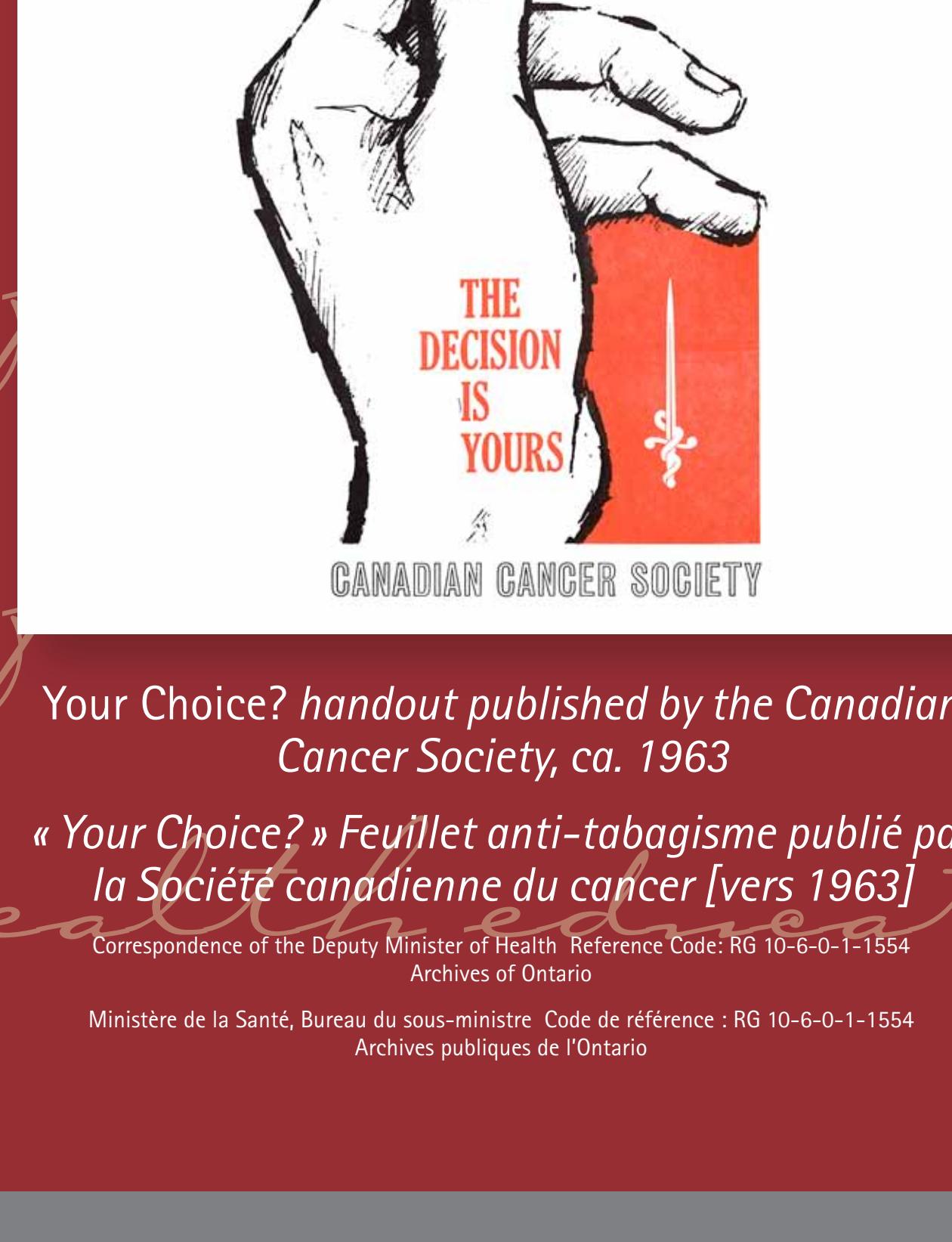
Reference Code: PAMPH 1959 #54. Archives of Ontario, I0040262

Code de référence : PAMPH 1959 #54. Archives publiques de l'Ontario, I0040262



Protect your child against
Poliomyelitis
Diphtheria - Tetanus
Whooping Cough - Smallpox

PARENTS: This folder tells how your child
may be immunized against communicable disease.



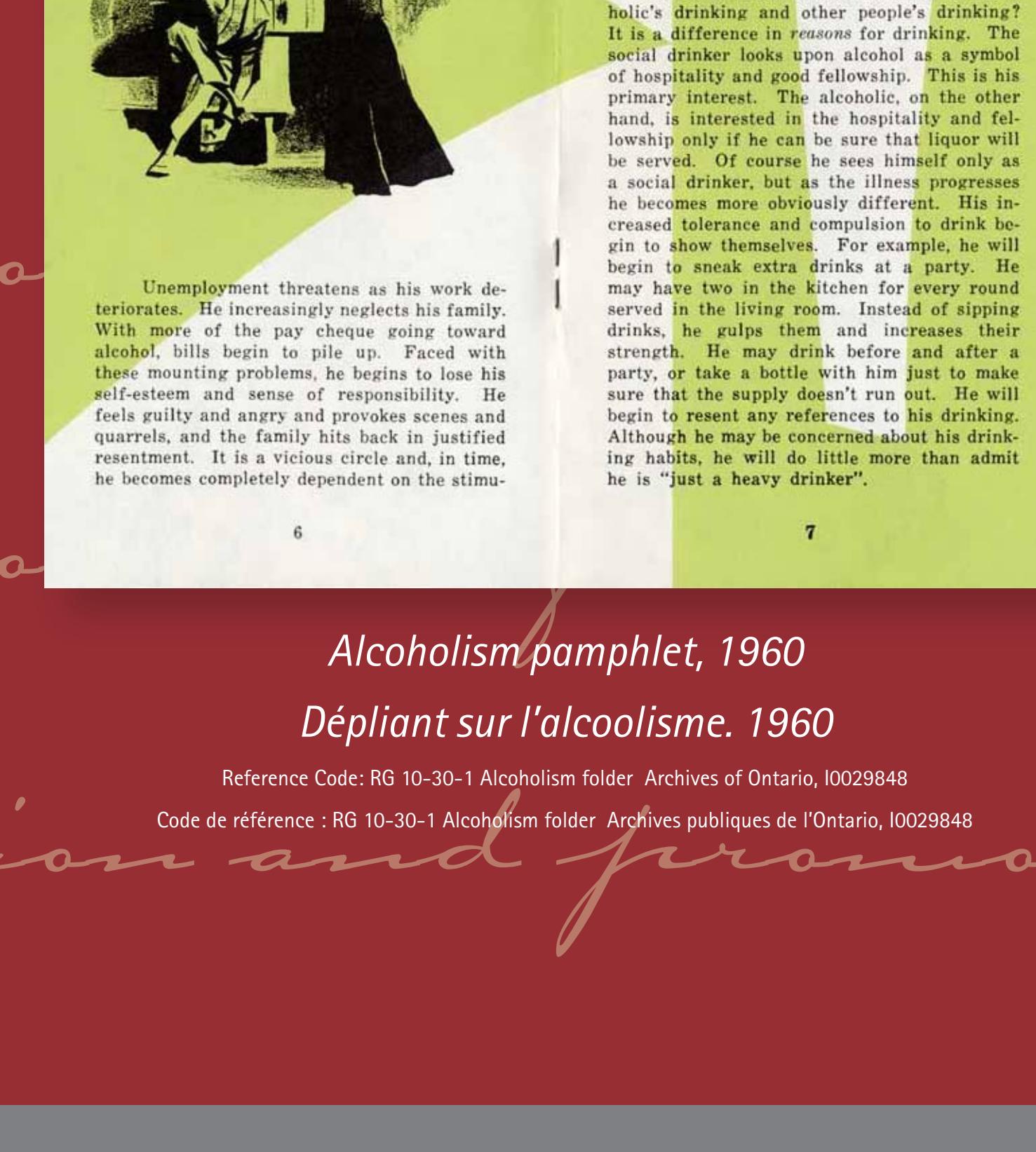
Your Choice? handout published by the Canadian Cancer Society, ca. 1963

« Your Choice? » Feuillet anti-tabagisme publié par la Société canadienne du cancer [vers 1963]

Correspondence of the Deputy Minister of Health. Reference Code: RG 10-6-0-1-1554

Ministère de la Santé, Bureau du sous-ministre. Code de référence : RG 10-6-0-1-1554

Archives publiques de l'Ontario



Alcoholism pamphlet, 1960

Dépliant sur l'alcoolisme, 1960

Reference Code: RG 10-30-1 Alcoholism folder. Archives of Ontario, I0029848

Code de référence : RG 10-30-1 Alcoholism folder. Archives publiques de l'Ontario, I0029848

WHO

PREAMBLE TO THE CONSTITUTION

The WHO wishes to emphasize that the health of all peoples is fundamental to the attainment of world peace and prosperity.

The WHO believes that the highest attainable standard of health is a fundamental right of every human being and that the enjoyment of health is a precondition for the exercise of other human rights.

The WHO emphasizes that the enjoyment of the highest attainable standard of health is essential for the full enjoyment of life and for the promotion of social and economic development.

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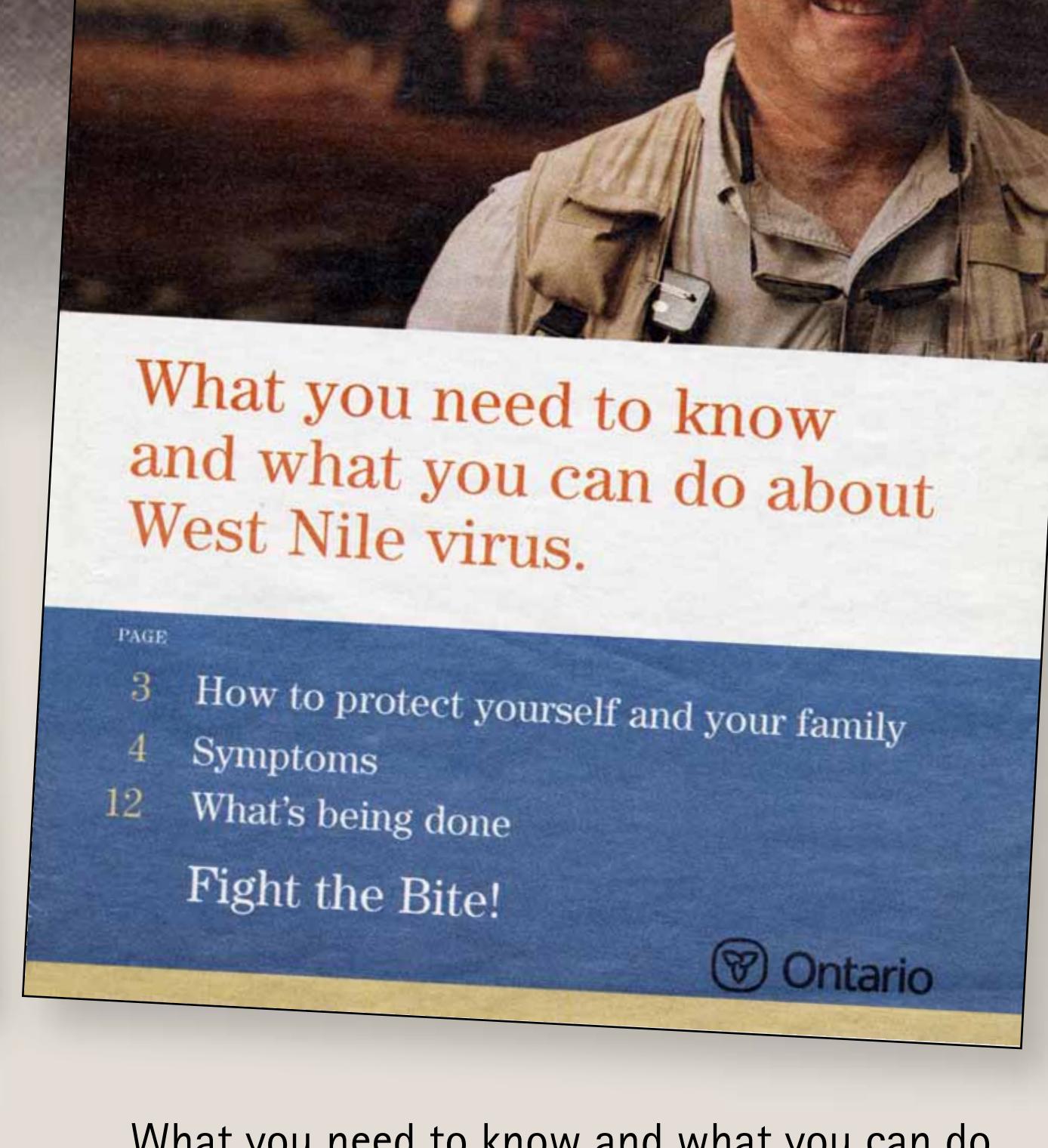
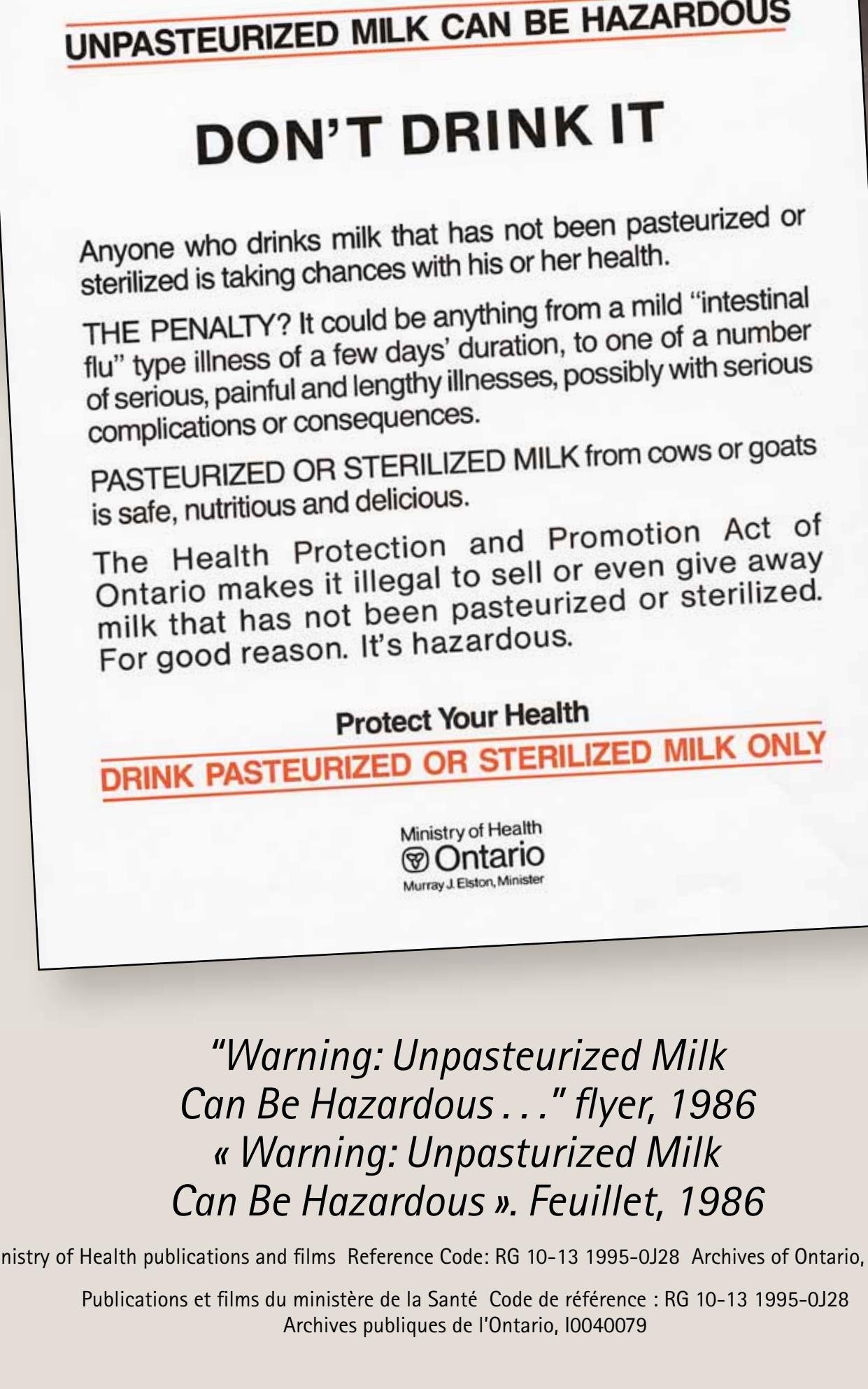
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Health promotion in the modern era

La promotion de la santé à l'ère moderne



"Warning: Unpasteurized Milk Can Be Hazardous...," flyer, 1986
"Warning: Unpasteurized Milk Can Be Hazardous!," Feuillet, 1986

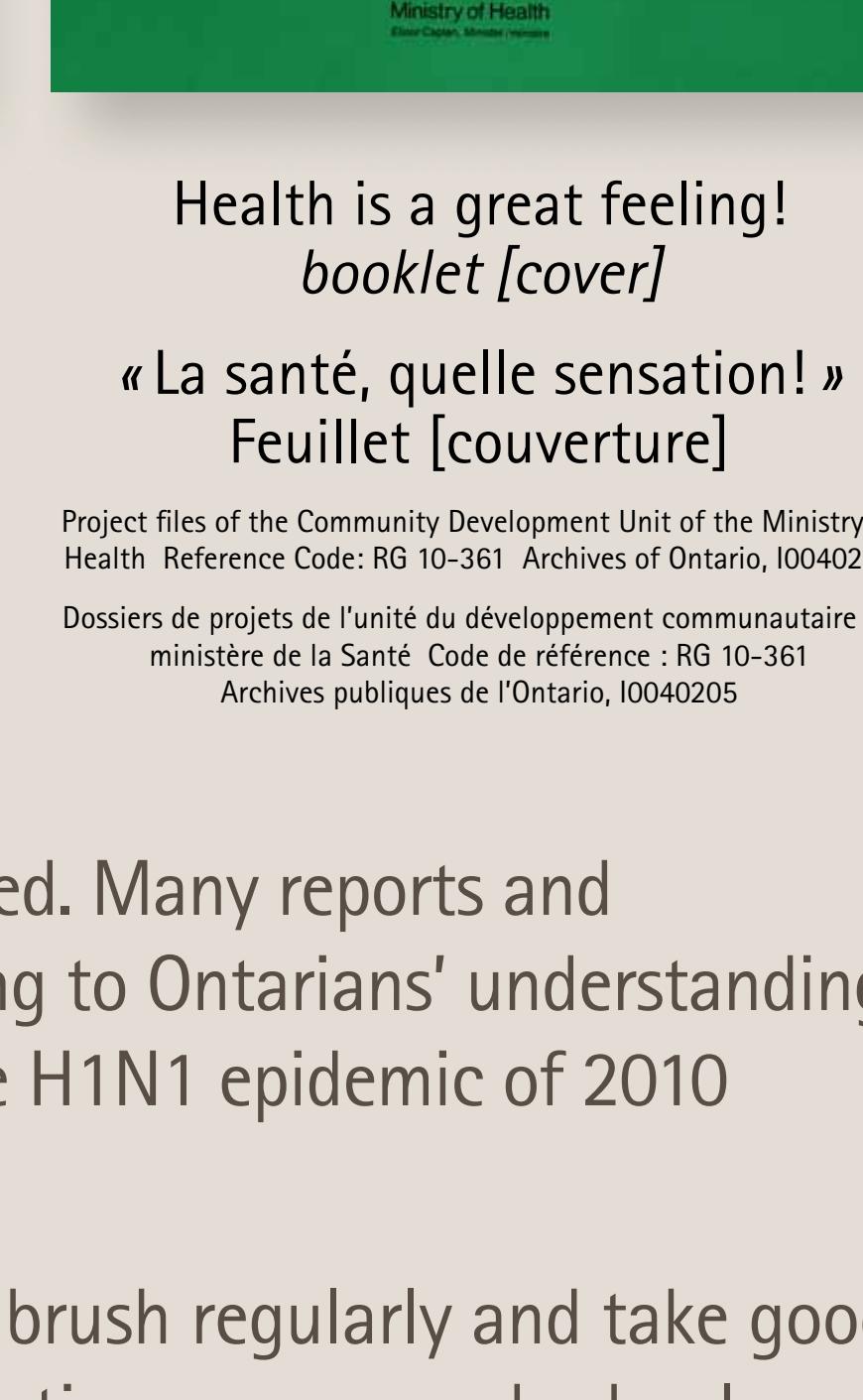
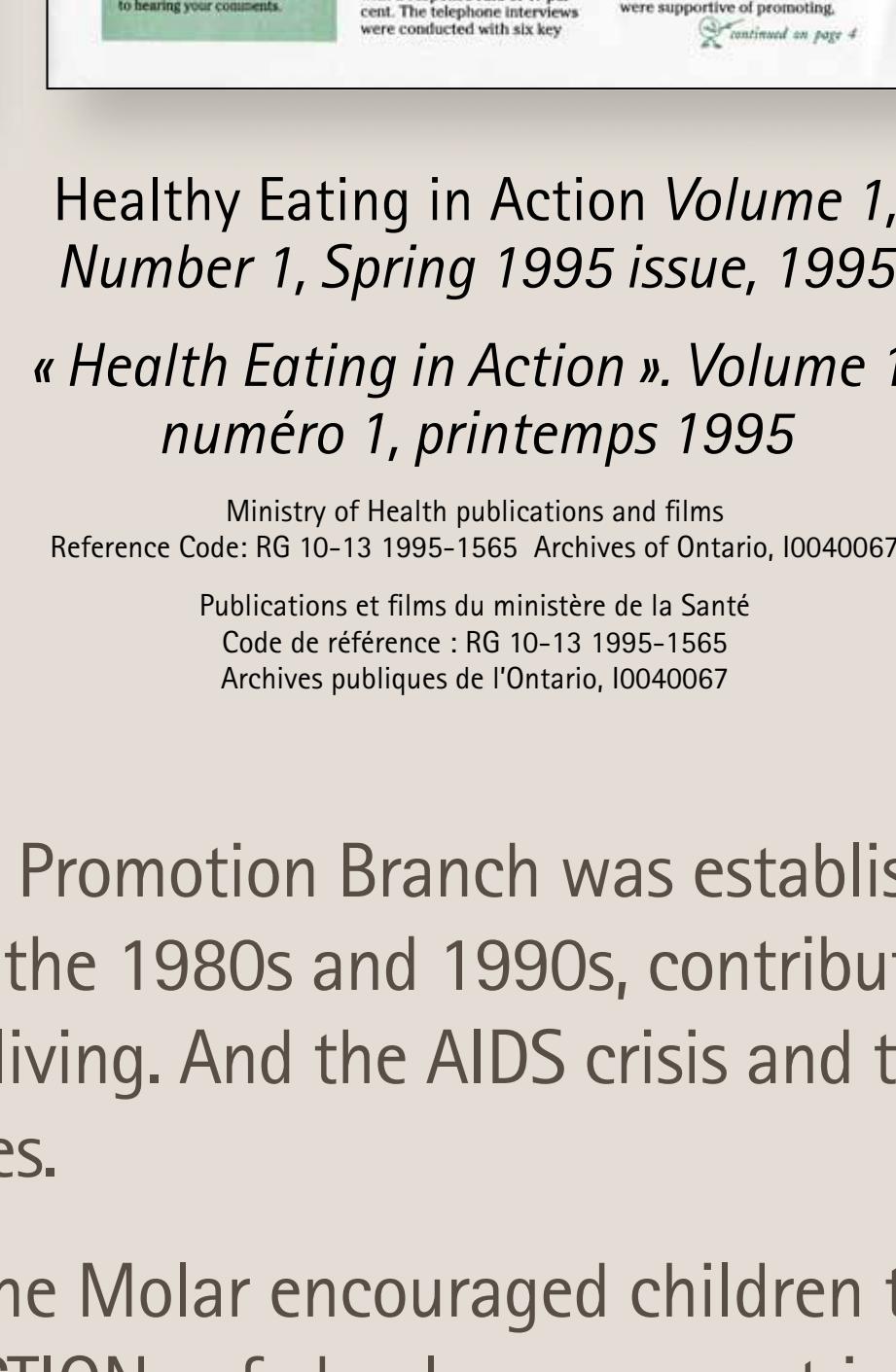
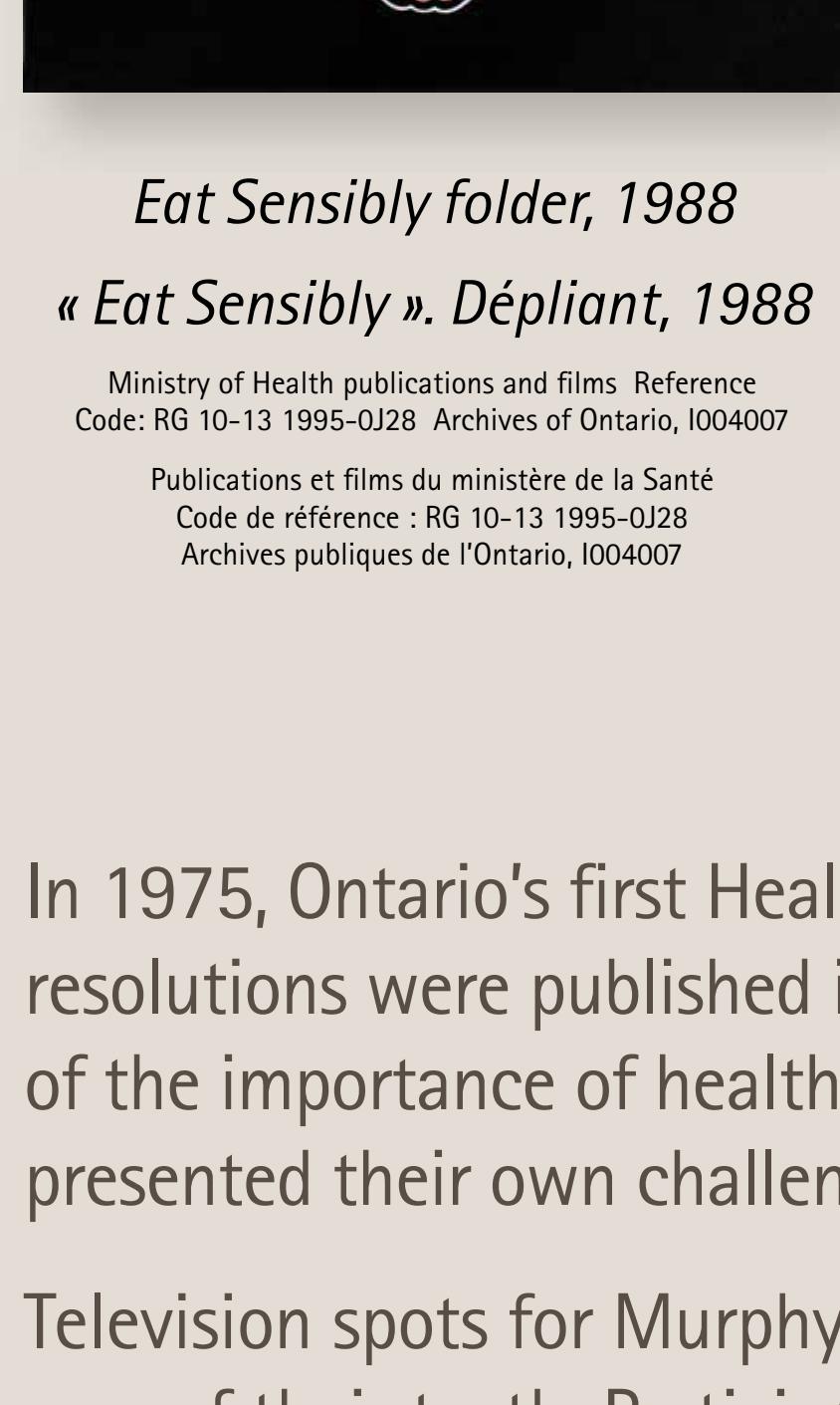
Ministry of Health publications and films Reference Code: RG 10-13 1995-028 Archives of Ontario, I0040079

Publications et films du ministère de la Santé Code de référence : RG 10-13 1995-028

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In 1974, Federal Health Minister Marc Lalonde published *A New Perspective on the Health of Canadians*. The report stated that health "result[s] from the interplay of biology, environment, lifestyle, and the system of health care," and is "intimately tied to overall conditions of living," such as income and education levels, and the environment.

The promotion of healthy living was unequivocal—change your lifestyle today to live a healthier and longer life. Health promotion became an awareness-raising activity aimed at increasing personal and community responsibility for engaging in healthy behaviours.

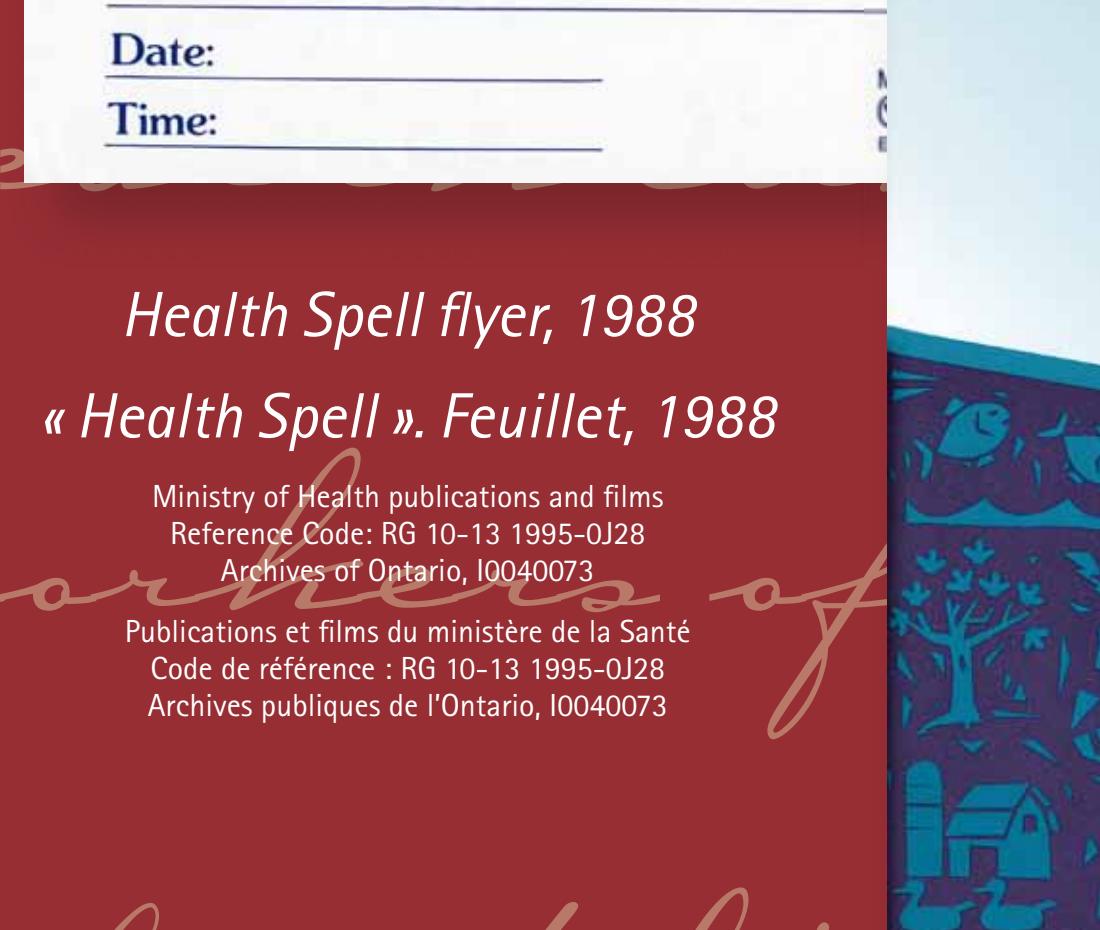


In 1975, Ontario's first Health Promotion Branch was established. Many reports and resolutions were published in the 1980s and 1990s, contributing to Ontarians' understanding of the importance of healthy living. And the AIDS crisis and the H1N1 epidemic of 2010 presented their own challenges.

Television spots for Murphy the Molar encouraged children to brush regularly and take good care of their teeth. ParticipACTION, a federal-government initiative, encouraged school children to become more physically active. The program was relaunched in 2006. And provincial mass-media campaigns, like the anti-drug Hole-in-the-Fence initiative, and the Dialogue on Drinking, were widespread.

In November 1986, the first international conference on health promotion was held in Ottawa. This conference produced the Ottawa Charter for Health Promotion. The Charter promoted the idea of health as a positive concept towards which governments and individuals needed to work together, through progressive policy initiatives and personal effort.

In June 2005, The Ontario Ministry of Health Promotion (now the Ministry of Health Promotion and Sport) was created. The Ministry delivers programs that promote healthy choices and healthy lifestyles, and facilitates access to information and programs from other ministries. In 2007, the Ministry developed five programs to help Ontarians achieve good health: Smoke-Free Ontario, Healthy Eating and Active Living, ACTIVE2010, Injury Prevention, and Health Promotion. You can find out about the Ministry at www.mhp.gov.on.ca.



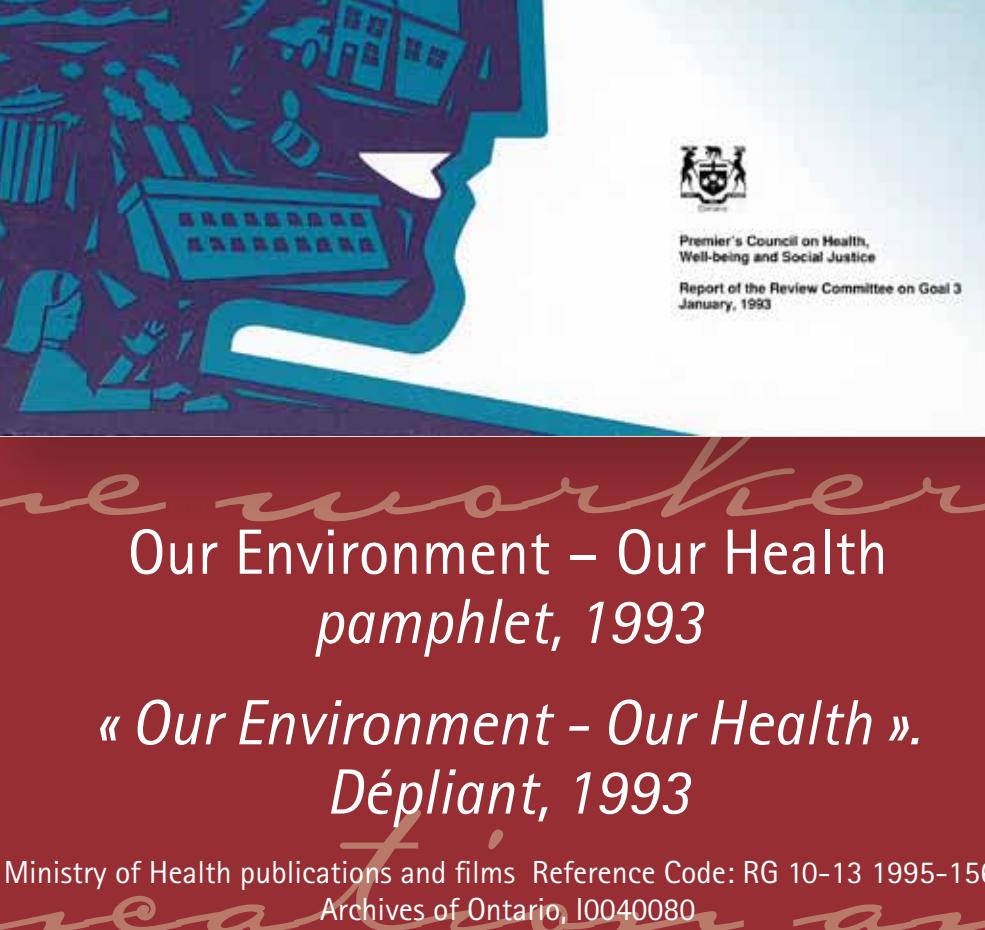
Health Spell flyer, 1988

« Health Spell », Feuillet, 1988

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Our Environment - Our Health pamphlet, 1993

« Our Environment - Our Health », Découvert, 1993

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