

# Donna Smith

February 28, 2024

Public Delegation for city council

Speaking on Womens Health  
issues and priorities for  
Brampton

Healthy girls through sports for a  
foundation of health through the  
lifespan

Woman

Mother

Nurse

BScN Student Nipissing

University

Coach/Director of Girls

Programming BMLA

Representation for women and girls is important, and is the responsibility of everyone:

Parents

Teachers

Healthcare

Media

Government

Men

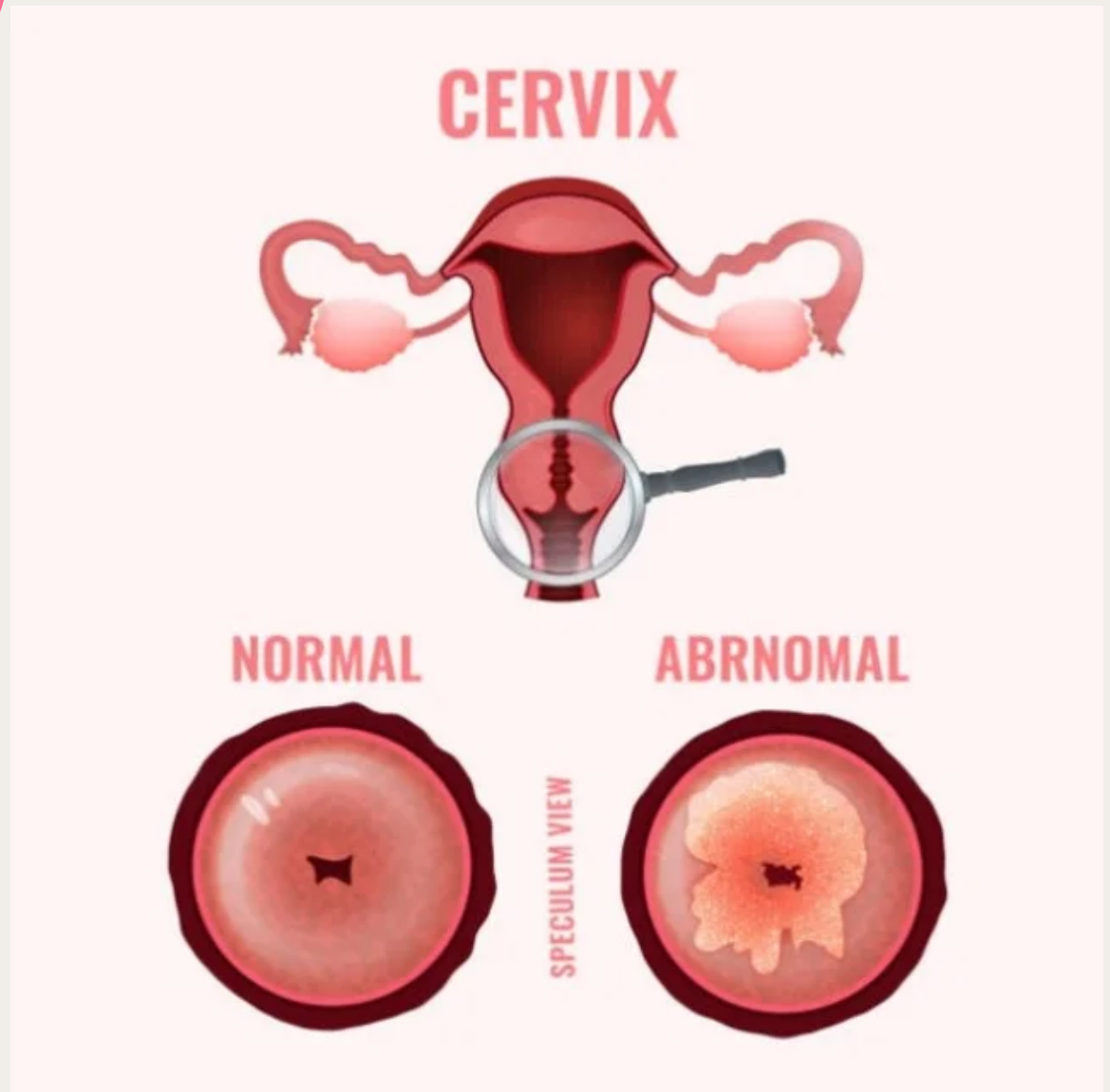
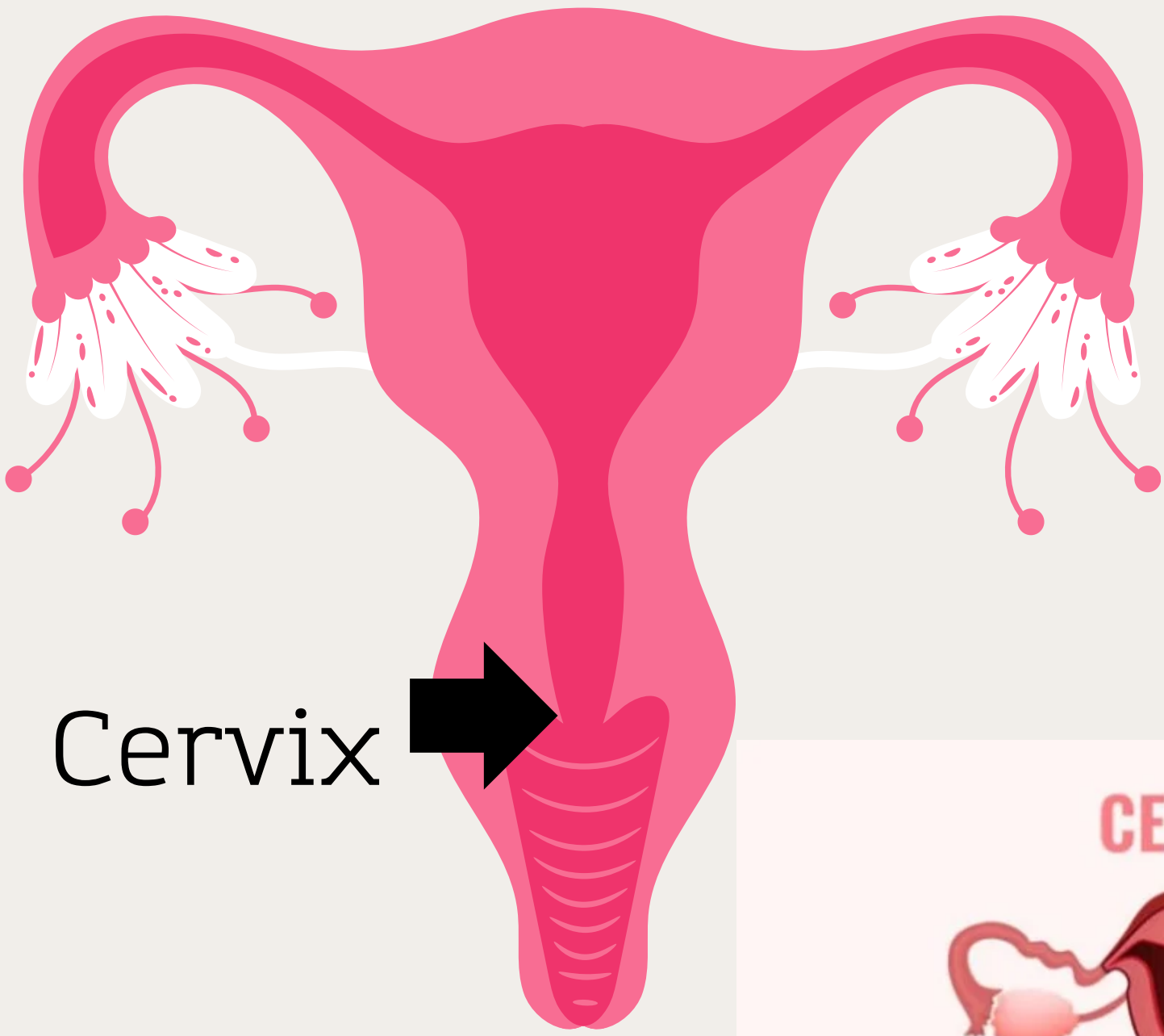
Cervical cancer is among 1 of 3 preventable cancers in Canada

## Prevention:

- National and Provincial screening programs (Pap tests and transition to HPV testing )
- HPV Vaccination
- Education

A Pap test is a screening test that can detect cell changes in the cervix that may lead to cancer before people feel any symptoms.

It is important that these cell changes are found and, if necessary, treated before they can cause cervical cancer.



Cervical cancer is usually caused by HPV infection (Human Papillomavirus) a sexually transmitted virus.

Cervical cancer is preventable as it is spread by sexual contact.

The same virus family also causes:

- anal cancer
- penile cancer
- esophageal cancer

**There is no screening test for  
men**



Prior to 2006, Ontario saw 2 decades of decline in the incidence rates of cervical cancer.

From 2006-2018, rates have been stable with no significant upwards or downward trends.

(Cancer Care Ontario, 2022)

2007-2008 we saw the introduction of school based vaccination in girls with the quadrivalent (Gardasil\*4) and in 2016-2017 was opened up to boys. Since then all boys and girls in grade 7 have the opportunity to be vaccinated with Gardasil 9\*

(Renaud et al., 2017)

In Ontario we prevent cervical cancer by vaccinating all children (males and females) with Gardasil 9 in grade 7 typically prior to their first sexual encounter, and by screening women with pap tests, typically every 3 years beginning at age 21-25 until age 70

## Those at highest risk are:

- Anyone with a cervix
- Anyone having skin to skin intimate contact
- Persons with multiple sexual partners, partners with multiple partners, early sexual encounter
- Those who smoke tobacco products
- Those that are immunocompromised

Cervical cancer is the third most commonly diagnosed cancer and the fourth leading cause of cancer death in females worldwide.

(Canada, 2024)

“In Canada, immunization against HPV types 16 and 18 contained in the HPV vaccines can prevent approximately 70% of anogenital cancers and 60% of high-risk precancerous cervical lesions. Immunization against HPV types 31, 33, 45, 52, and 58 contained in the HPV9 vaccine could further prevent up to 14% of anogenital cancers and 30% of high-risk precancerous cervical lesions.”

(Canada, 2024)

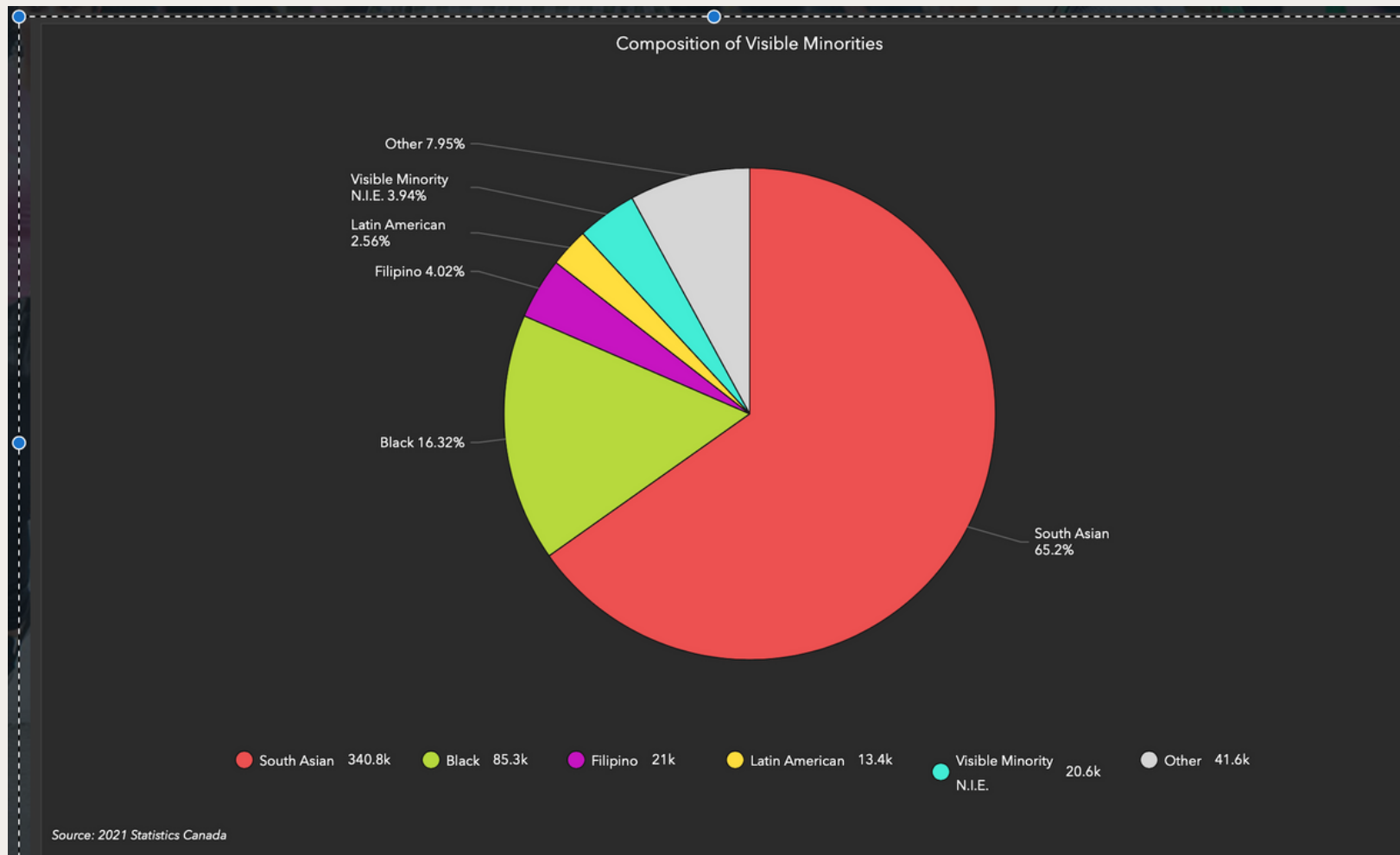
# Total population of females 0-70 in Brampton and Ontario

| Total - Age groups of the population - 100% data | 328,280 | 7,253,085 |
|--------------------------------------------------|---------|-----------|
| 0 to 14 years                                    | 56,860  | 1,096,160 |
| 0 to 4 years                                     | 17,375  | 333,480   |
| 5 to 9 years                                     | 19,035  | 372,050   |
| 10 to 14 years                                   | 20,455  | 390,635   |
| 15 to 64 years                                   | 227,485 | 4,718,100 |
| 15 to 19 years                                   | 20,560  | 387,970   |
| 20 to 24 years                                   | 25,345  | 430,075   |
| 25 to 29 years                                   | 25,815  | 478,215   |
| 30 to 34 years                                   | 24,905  | 493,745   |
| 35 to 39 years                                   | 25,570  | 484,860   |
| 40 to 44 years                                   | 24,140  | 462,295   |
| 45 to 49 years                                   | 22,565  | 464,005   |
| 50 to 54 years                                   | 21,330  | 485,845   |
| 55 to 59 years                                   | 20,285  | 532,465   |
| 60 to 64 years                                   | 16,970  | 498,625   |
| 65 years and over                                | 43,935  | 1,438,825 |
| 65 to 69 years                                   | 14,285  | 426,890   |

Gardasil 9 vaccination is in the 10-14 age group (age 12) = somewhere below the 20,455 data

Pap tests are recommended to begin between age 21-25 (25 is new guideline) until age 70

= 239,800 (Government of Canada, 2022)



(Census Profile: Immigration & Ethnocultural Diversity, 2021)

| Other places of birth in 2016 | 2016    | 2011    | 2006    | 2016 | 2011 | 2006 |
|-------------------------------|---------|---------|---------|------|------|------|
| Asia                          | 236,120 | 116,545 | 119,575 | 68.7 | 70.4 | 67.2 |
| Afghanistan                   | 2,910   | 1,410   | 1,500   | 0.8  | 0.9  | 0.8  |
| Iran <sup>88</sup>            | 650     | 375     | 280     | 0.2  | 0.2  | 0.2  |
| Iraq                          | 4,050   | 2,045   | 2,000   | 1.2  | 1.2  | 1.1  |
| Lebanon                       | 505     | 285     | 225     | 0.1  | 0.2  | 0.1  |
| Syria <sup>89</sup>           | 590     | 295     | 295     | 0.2  | 0.2  | 0.2  |
| Turkey                        | 490     | 240     | 245     | 0.1  | 0.1  | 0.1  |
| China <sup>90</sup>           | 2,525   | 1,065   | 1,460   | 0.7  | 0.6  | 0.8  |
| Hong Kong <sup>91</sup>       | 705     | 350     | 355     | 0.2  | 0.2  | 0.2  |
| Korea, South <sup>92</sup>    | 315     | 140     | 175     | 0.1  | 0.1  | 0.1  |
| Taiwan                        | 150     | 60      | 95      | 0.0  | 0.0  | 0.1  |
| Philippines                   | 15,305  | 6,645   | 8,660   | 4.5  | 4.0  | 4.9  |
| Viet Nam                      | 4,950   | 2,290   | 2,655   | 1.4  | 1.4  | 1.5  |
| Bangladesh                    | 2,550   | 1,275   | 1,270   | 0.7  | 0.8  | 0.7  |
| India                         | 159,585 | 80,050  | 79,530  | 46.4 | 48.3 | 44.7 |
| Pakistan                      | 20,400  | 10,025  | 10,375  | 5.9  | 6.1  | 5.8  |
| Sri Lanka                     | 12,325  | 6,095   | 6,230   | 3.6  | 3.7  | 3.5  |

(Government of Canada, 2022)

Despite being preventable and treatable, cervical cancer remains a leading cause of death in developing countries like India. According to GLOBOCAN 2020 statistics, 1,23,907 new cervical cancers were diagnosed and 77,348 deaths occurred due to cervical cancer in India alone.

India has an estimated lifetime cervical screening prevalence as low as 29.8% ranging in different regions from 10% in the Northeast to 45.2% in the West.

WHO estimates that less than 1 in 10 women have been screened in India in the past 5 years.

(Kaur et al., 2023)

## What we know:

- Cervical cancer is preventable and treatable
- We have effective vaccines
- Developing countries such as India do not have adequate national screening programs
- Brampton's highest immigration demographic is South Asian descent, primarily from India.
- There is a severe family physician shortage
- These women do not know to ask for pap tests as it is not routinely done in their originating country.



## What we can do:

- Advocate for no age limit on vaccination, make vaccination available to all those that are in an at risk group
- Educate the newly immigrated demographic to self advocate for screening (pap and HPV testing)
- Provide initial vaccination upon arrival to Canada.
- Advocate and support an environment to foster more family doctors and family health teams which can include skilled and knowledgeable Nurses and Nurse Practitioners.

## References

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Women health.

International women's Day

March 8



**Brampton Minor Lacrosse  
Association**



Director of Girls Operations

We are developing our girls programming

Covid created a break in many opportunities which has been a challenge to recover from.

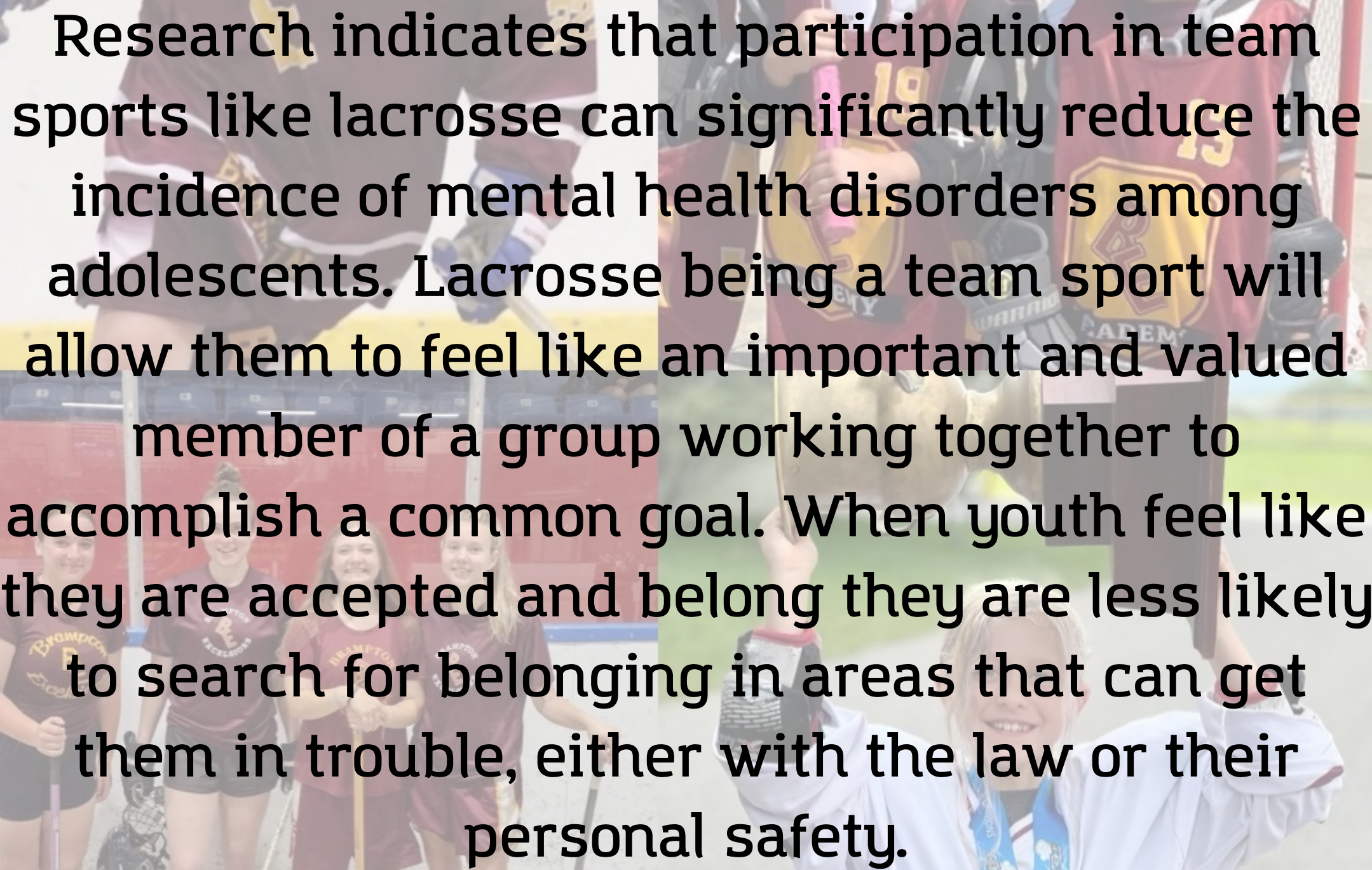


Girls programming took the hardest hit creating inequitable opportunities for girls compared to boys

Our organization has identified a pressing issue in our community – the severe under-registration and underfunding of girls’ sports programming

We believe that engaging girls in sports is not only about physical fitness but also about promoting mental well-being

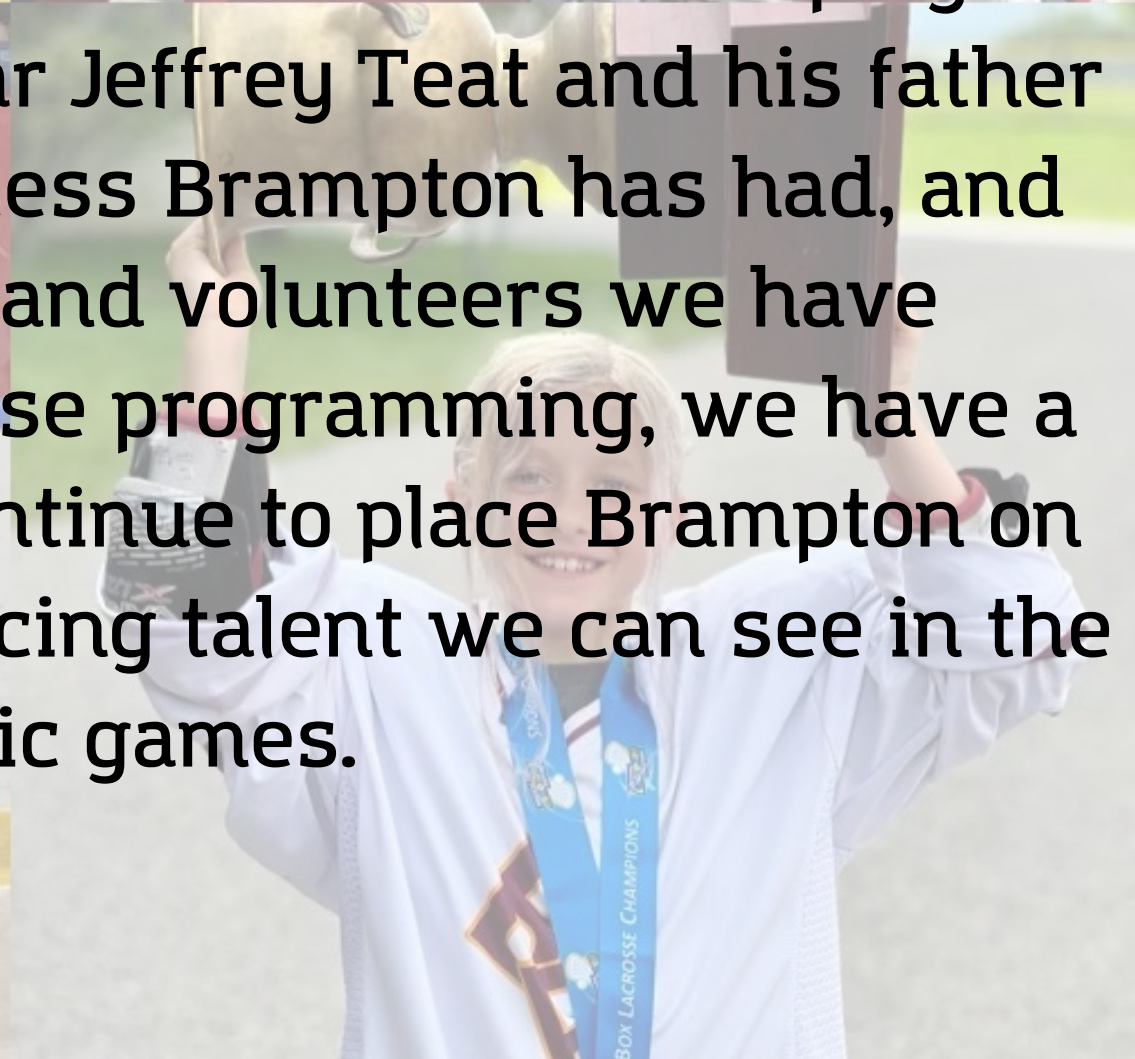
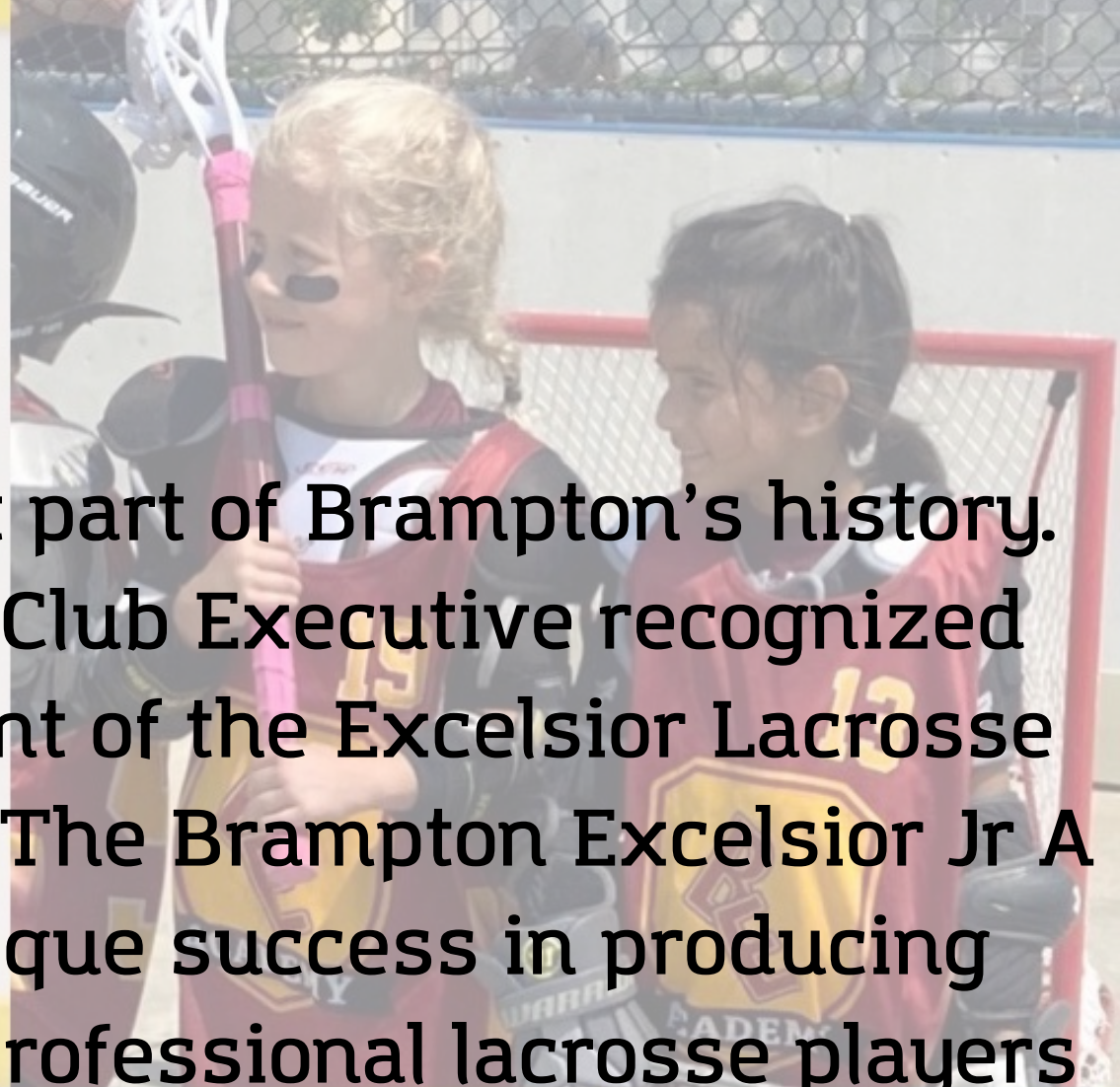
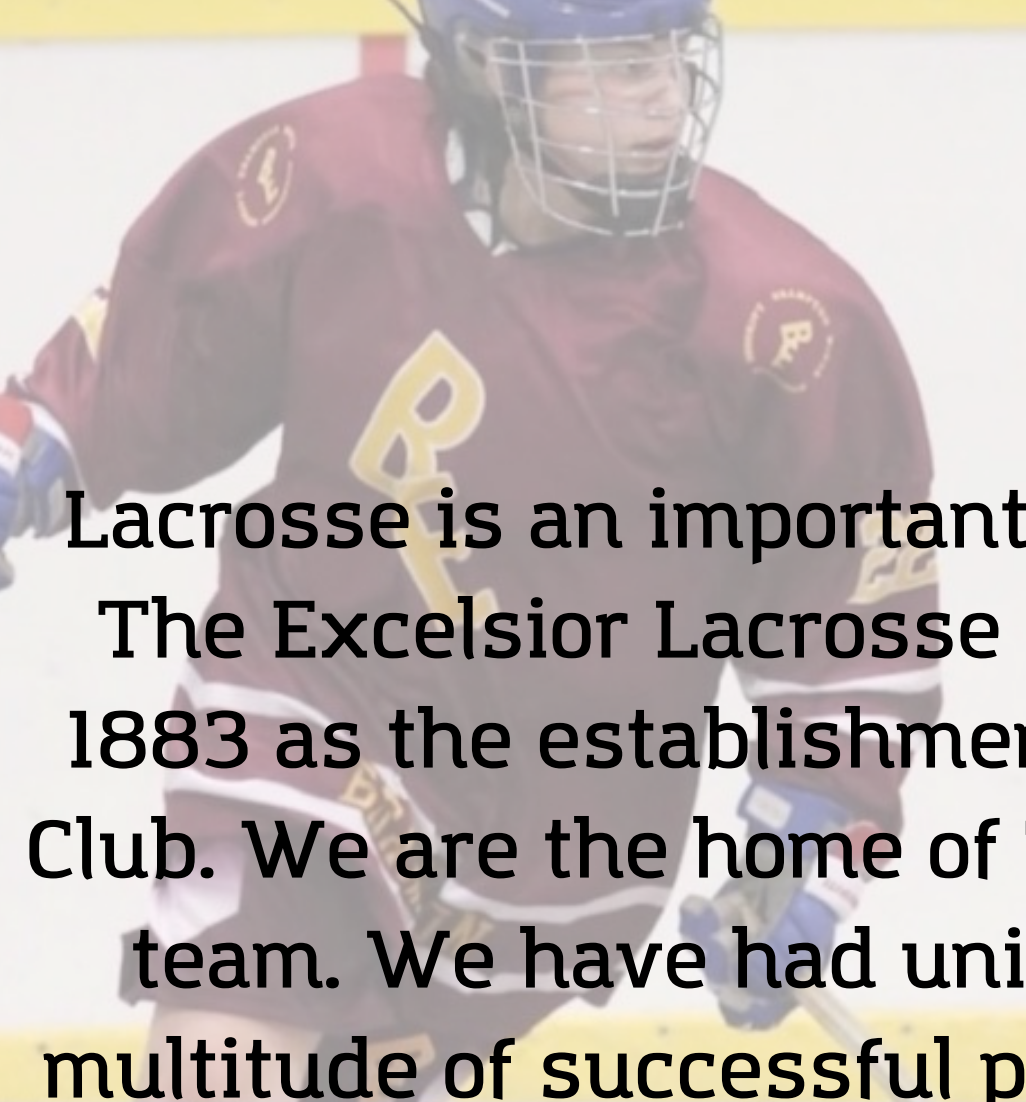




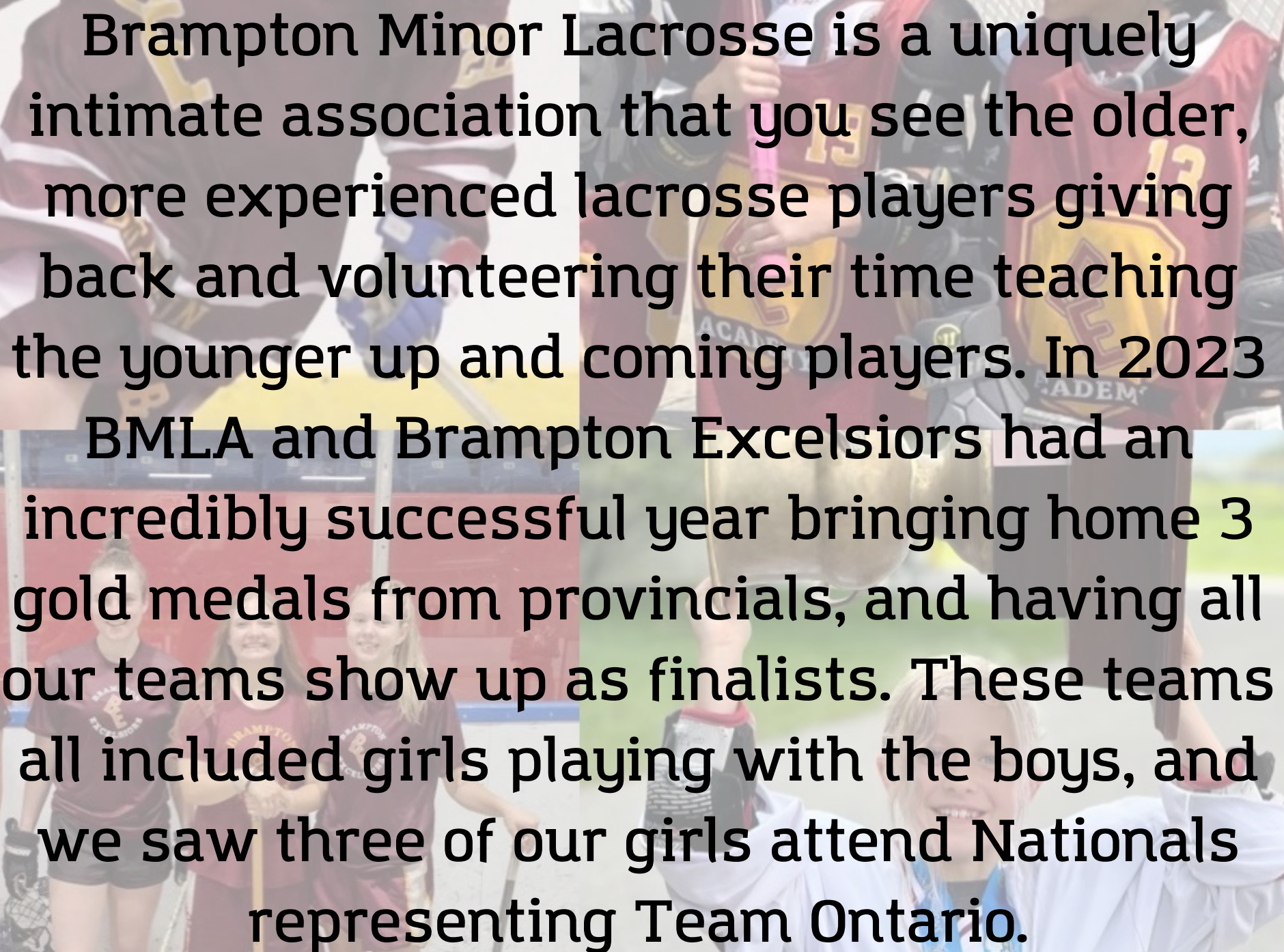
Research indicates that participation in team sports like lacrosse can significantly reduce the incidence of mental health disorders among adolescents. Lacrosse being a team sport will allow them to feel like an important and valued member of a group working together to accomplish a common goal. When youth feel like they are accepted and belong they are less likely to search for belonging in areas that can get them in trouble, either with the law or their personal safety.

(Women's Sports Foundation, 2020)

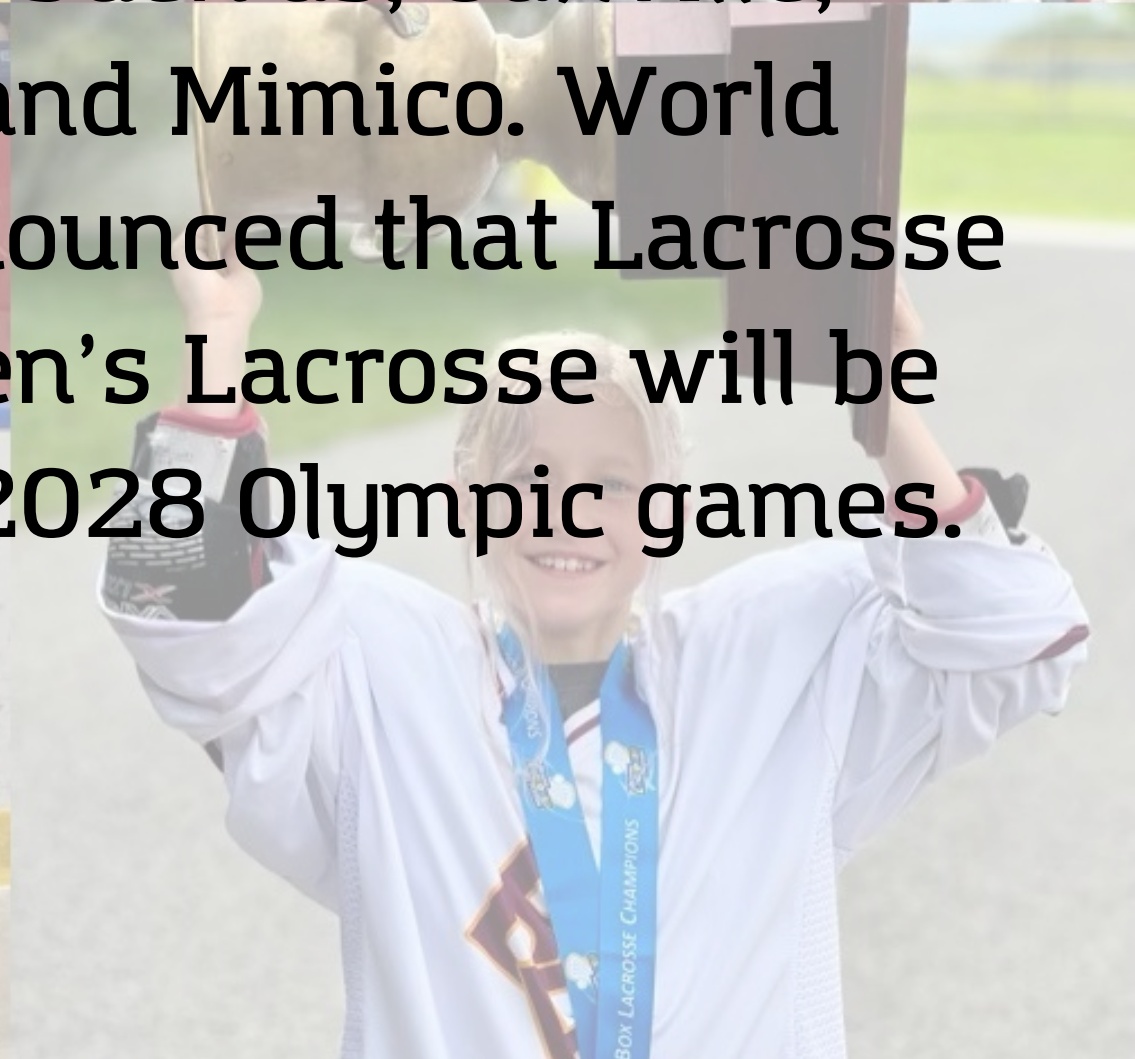
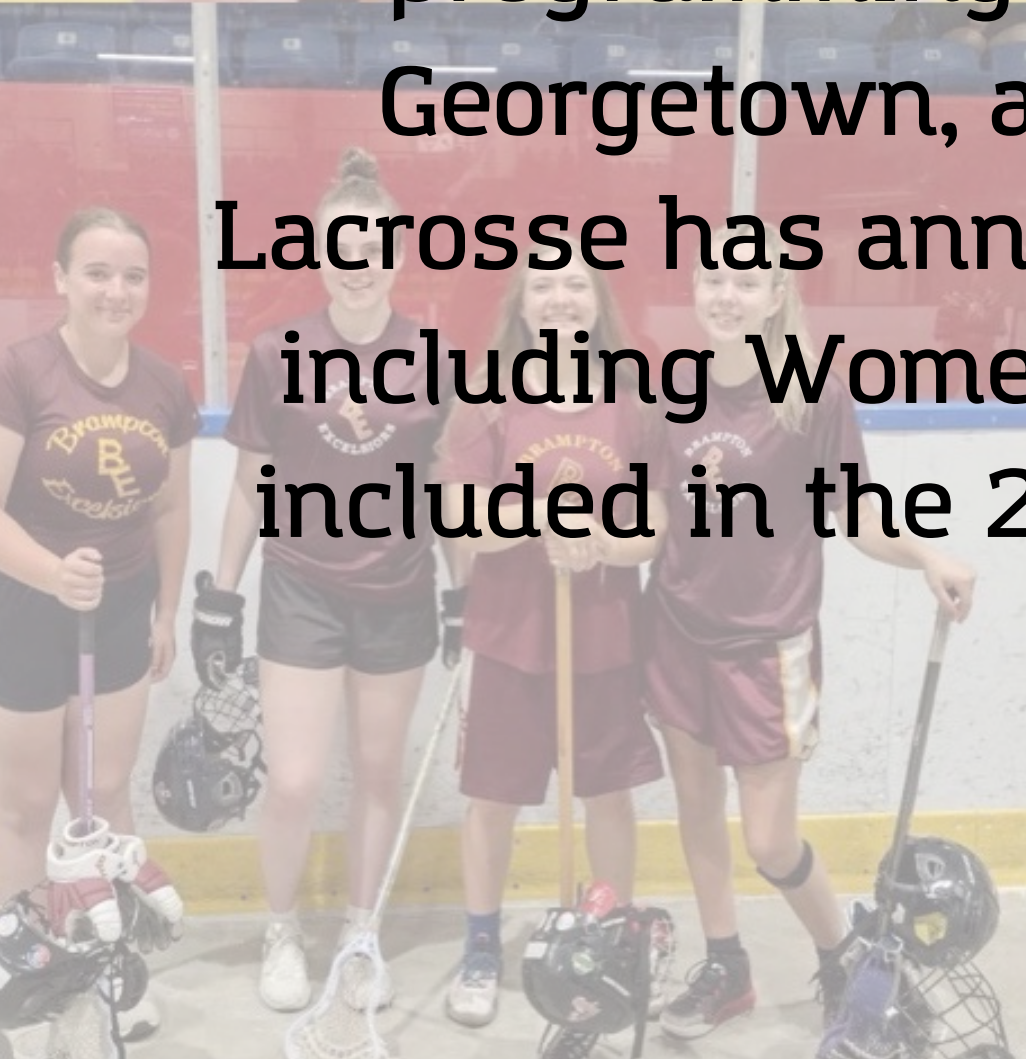
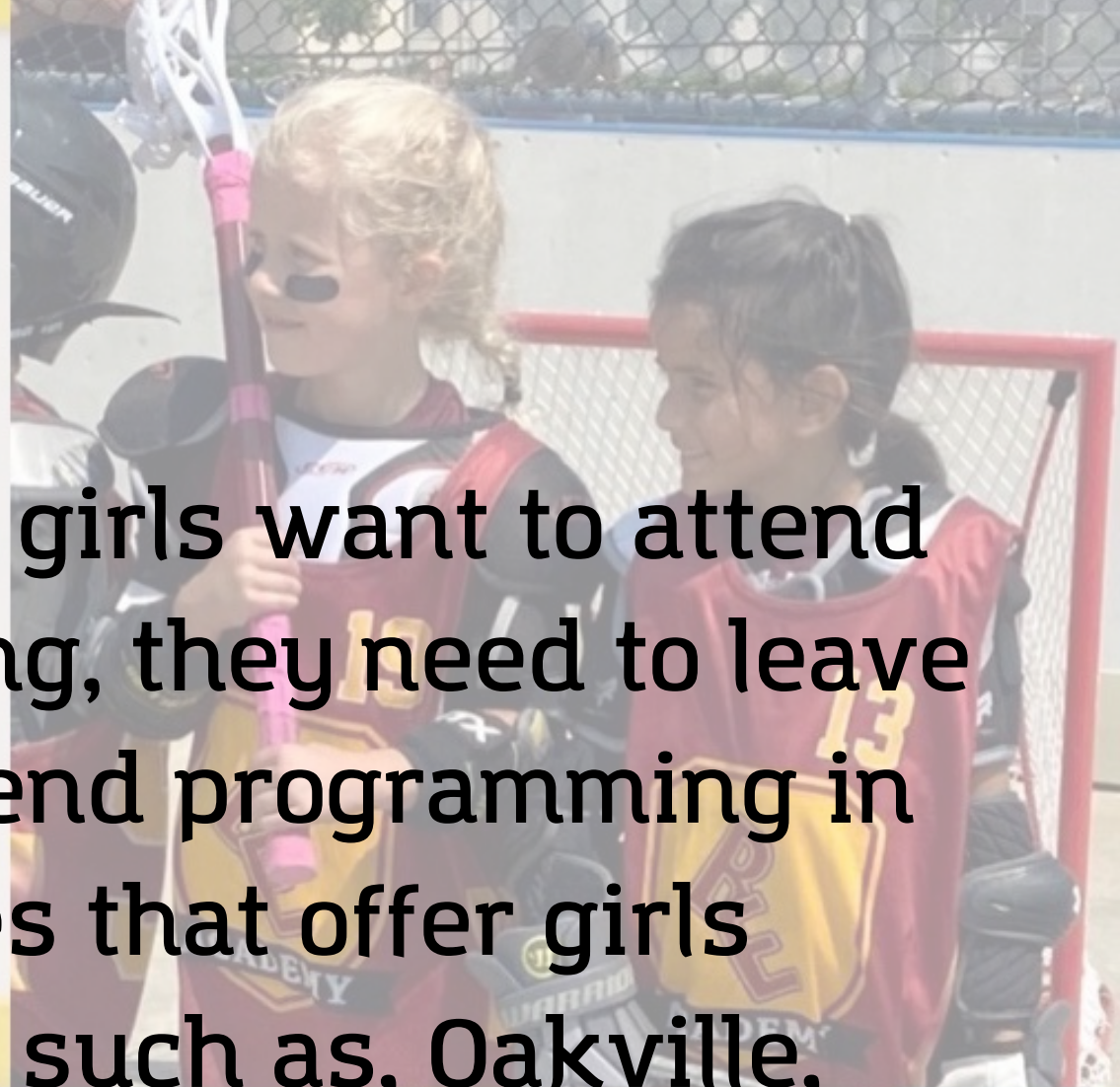




Lacrosse is an important part of Brampton's history. The Excelsior Lacrosse Club Executive recognized 1883 as the establishment of the Excelsior Lacrosse Club. We are the home of The Brampton Excelsior Jr A team. We have had unique success in producing multitude of successful professional lacrosse players including current NLL star Jeffrey Teat and his father Dan Teat. With the success Brampton has had, and the talent of coaches and volunteers we have providing all year Lacrosse programming, we have a unique opportunity to continue to place Brampton on the World stage by producing talent we can see in the Olympic games.



**Brampton Minor Lacrosse is a uniquely intimate association that you see the older, more experienced lacrosse players giving back and volunteering their time teaching the younger up and coming players. In 2023 BMLA and Brampton Excelsiors had an incredibly successful year bringing home 3 gold medals from provincials, and having all our teams show up as finalists. These teams all included girls playing with the boys, and we saw three of our girls attend Nationals representing Team Ontario.**



Currently, if our girls want to attend girls programming, they need to leave the city and attend programming in other centres that offer girls programming such as, Oakville, Georgetown, and Mimico. World Lacrosse has announced that Lacrosse including Women's Lacrosse will be included in the 2028 Olympic games.

Thank You for your support and  
partnership in advocating for  
womens health through the  
lifespan