



## Is Climate Change Affecting Your Health?

### *Survey to Collect Environmental Health Data*

Peterborough Public Health invites local residents to share their input on climate change, and play a vital role in shaping future programming in local public health.

The international community is calling on all health-related organizations like Peterborough Public Health to be more proactive in making the links between climate change and human health to help build awareness, so that is why they included questions about climate change-related attitudes and behaviours in this survey.

From January through April, staff from York University's Institute for Social Research will randomly survey local residents through phone calls, for the Rapid Risk Factor Surveillance System (RRFSS – affectionately pronounced “roofus”), a provincial public health surveillance system. Questions will include environmental health topics such as sun safety, heat-related illness protective equipment, impact of climate change on the local community, and public opinion of climate change.

Information gathered from the phone surveys will be used to assess our community's vulnerability to climate change from a public health perspective. This assessment will describe the current and future health effects of climate change on vulnerable populations, and it will also identify the methods that can be used to help Peterborough County and City adapt to climate change.

Peterborough Public Health is placing a focus on climate change and health, as Ontario's Ministry of Health and Long-Term Care mandates that an adaptation approach to climate change must be used by each board of health. This is in addition to the evidence showing the negative impacts that climate change has on health, which includes aggravated respiratory and cardiovascular illnesses, increased injury and death, and the risk of triggering mental health issues.

The survey is completely voluntary and all responses remain anonymous and confidential. Respondents can refuse to answer any questions if they are not comfortable.

*Bringing the Voices of the Kawarthas to You*

## On the Water with Rick Daniels

### Ready, Set Fish!

This is the perfect time for the novice fisherman to learn a few basics before the spring fishing season opens. It would be an excellent idea to check out the Ontario Fishing Regulations. This is not a daunting task, ALL the information is online - go to [Ontario.ca/fishing](http://Ontario.ca/fishing) or search for the “Ontario Fishing Regulations Summary”.

You will be able to find what zone you are in for fishing and familiarize yourself with the different fish in your area; the dates that the season opens for different fish and the size they must be for you to keep them. You will learn about the different fishing licences and restrictions.

To the inexperienced novice, Crappie and Bass may look similar, so do Pike and Muskie, or Walleye and Perch. It is up to you to know the difference. A Crappie is show below.

For example, in zone 15 (our local area) there is no closed season for Crappie. However, the season for Bass is limited. Also, the limits are completely different for the species and type of licence you hold. So, it is imperative that you know what kind of fish is on your line.

If you are practising catch and release, it really doesn't matter unless you are “specifically targeting” an out of season fish. For example; if you are dragging a big musky lure behind your boat in May, you would be hard pressed to explain to a fisheries officer that you are fishing for a perch with a lure bigger than your target! If you're intending to fish for your table and don't get out to fish that often, getting yourself a Sportsman's licence may be the appropriate licence for you. Then, you can load up with the legal limit. If you intend to practise mainly catch and release and keep the odd one, then a Conservation licence should do fine.

The Ministry of Natural Resources and Forestry has designated **February 16 to 18, 2019** as its annual Free Family Fishing weekend for the winter season.

No licence is required, but conservation licence limits apply. Therefore, you must know the size if applicable, catch limits, season for the species you are keeping and the Ontario fishing zone where you are located.



*Good Luck and Happy Fishing!*