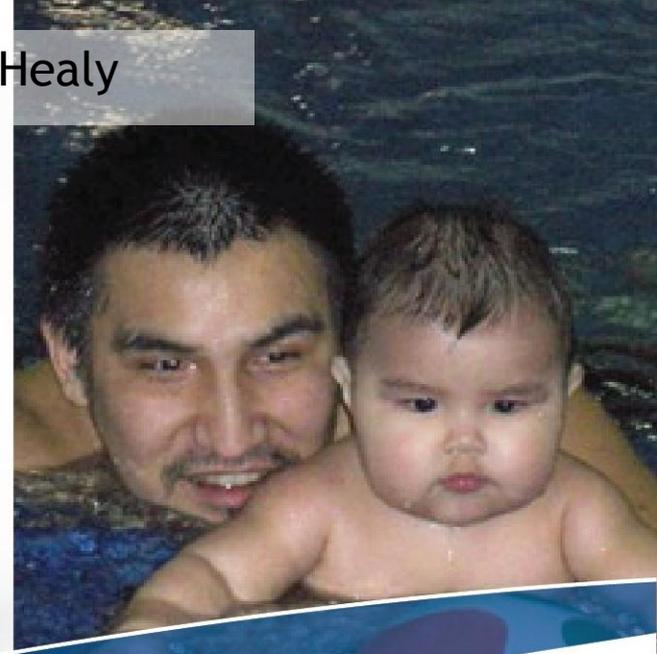


Facilitating Relationships: Northern Health's Partnering for Healthier Communities Approach

Sabrina Dosanjh-Gantner and Theresa Healy



northern health
the northern way of caring

Outline

- The Healthy Community Development Team
- A Glimpse Into Healthy Community Development
- What is Population Health?
- Northern Health Position on Healthy Communities
- Healthy Families BC
- Partnering for Healthier Communities (P4HC)
- Action Strategies
- Evaluation
- Questions?



The Healthy Community Development Team

Sabrina Dosanjh-Gantner:
Lead, Healthy Community
Development - Local
Governments

Theresa Healy: Lead, Healthy
Community Development -
Aboriginal Health



A Glimpse Into Healthy Community Development



About Northern Health

- **Vision...** Northern Health works with communities and organizations to support northern people to live well and prevent injury and illness. The health status of Northern people is improving faster than the rest of BC.
- **We work in a spirit of:**
 - Collaboration: working together to better serve the people in the north
 - Innovation: learning and finding better ways to deliver health care
- **Our Strategic Directions include:**
 - Integrated Accessible Health Services
 - A Focus on Our People
 - **A Population Health Approach**
 - High Quality Services



What is Population Health?

Population health is an approach to health that aims to improve the health of the entire population and to reduce health inequities among population groups. In order to reach these objectives, it looks at and acts upon the broad range of factors and conditions that have a strong influence on our health.



Population Health

Tobacco
Reduction

Community
Nutrition

Injury
Prevention

Physical
Activity

Men's Health

HEAL

Healthy
Community
Development

Administration Team



Northern Health Position on Healthy Communities



- Healthy Families BC



- Launched in May 2011 and incorporated a strategy to support healthy lifestyles and encourage families and communities to make healthier choices

- Healthy Families BC Communities

- Partnership with the Ministry, Health Authorities, Provincial Health Services Authority, BC Healthy Communities and Union of BC Municipalities



Partnering for Healthier Communities (P4HC)

- Developed in order to reduce the health inequities that exist in the north.
 - This approach recognizes that improving the health of northern communities requires the coordinated effort of many sectors and aims to build healthier communities to reduce the incidence of chronic disease and injury through effective partnerships between Northern Health, local governments, and other key stakeholders.



P4HC: Objectives

1. Increase communication and partnerships between Northern Health, local governments and other key stakeholders to support building healthier northern communities
2. Build the capacity of Northern Health, local government staff and key stakeholders to effectively support building healthier northern communities
3. Develop and enhance tools and resources to support local governments in the assessment, planning, implementation and evaluation of healthier northern community strategies



Action Strategies, Objective 1: P4HC Committees

- The Partnering for Healthier Communities Committees are co-chaired by local government and NH, where the NH co-chair is most often an Health Service Administrator
 - The committees have developed initiatives that are based on locally identified risk factors



Action Strategies, Objective 1: P4HC Committees

- Currently, there are 20 Partnering for Healthier Communities Committees across the north
 - Received grant funding to work towards a common vision and goal of a healthy community
 - Initiatives have focused on target areas such as, but not limited to, physical activity, senior's health, youth at risk, men's health, food security and healthy eating



Action Strategies, Objective 1: P4HC Committees



What is your vision for a healthier community?



More places to come together



More ways to be active




More spaces to grow food

Your Kick it Up Committee is hard at work making the Kitimat area a healthier community.

Find out how you can get involved. For information, contact:
Shaun O'Neill, so'neill@kitimat.ca



What is your vision for a healthier community?

Valemount Walks around the World



More places to come together



More ways to be active




More spaces to grow food

Your Valemount Healthier Communities Committee is hard at work making Valemount a healthier community.

Find out how you can get involved. For information, contact:
Hollie Blanchette, hblanchette@valemount.ca
Debbie Strang, debbie.strang@northernhealth.ca



What is your vision for a healthier community?



More places to come together



More ways to be active




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Your Quesnel Healthier Communities Committee is hard at work making Quesnel a healthier community.

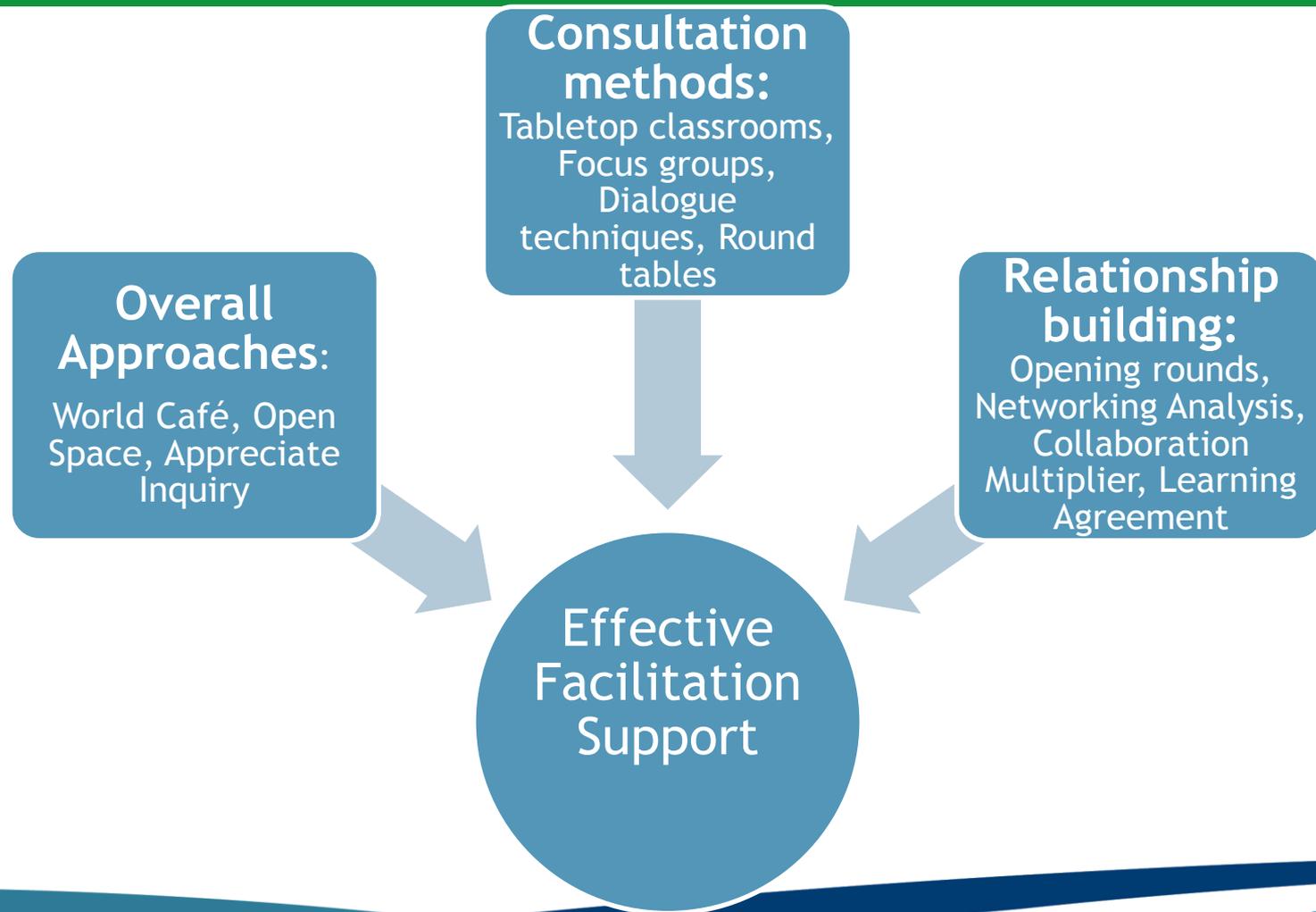
Find out how you can get involved. For information, contact:
Rhya Hartley, rhartley@quesnel.ca
Margaret Sadlon, Margaret.Sadlon@northernhealth.ca

Action Strategies, Objective 1: Facilitation Support

- Northern Health has also supported the facilitation of events, such as workshops and community visioning sessions, to support networking and relationship building



Action Strategies, Objective 1: Facilitation Support



Action Strategies, Objective 2: Learning Opportunities

- Northern Health has supported and/or hosted multiple opportunities to build capacity of NH staff, local government elected officials and staff, and key community stakeholders
 - Community Visioning Sessions
 - Facilitation training
 - Citizen Series Webinars
 - Regional learning events
 - PlanH/HFBC-C webinars
 - BC Healthy Communities webinars
 - Learning events by partner organizations, such as PlanH



Save The Date

Northern Health, in partnership with BC Healthy Communities & Healthy Families BC, brings you:

Workshops on Building a Healthier Community

Workshop 1:
From Silos to Systems: Building Partnerships for Healthy Communities

Workshop 2:
Bringing Health Home: Public Engagement for Local Action on Health and Well-being

... "Model the change towards supporting healthy communities work".

When: October 1st, 2013
Where: Waap Galt's'ap Longhouse Northwest Community College Terrace, BC
Time: 8:30am – 4:00pm (lunch provided)

To register, email:
healthycommunities@northernhealth.ca

Funding Available!
Please enquire with the email contact above regarding potential funding opportunities to support interested individuals to attend the workshops.

Action Strategies, Objective 2: Learning Opportunities

Liberating structures

LS Menu 	Wicked questions 	What's debrief 	Min specs 	Heard, seen respected 	What I need from you 	Integrated autonomy 
Design elements 	Appreciative interviews 	Discovery and action dialog 	Improv prototyping 	Drawing together 	Open space 	Critical uncertainties 
1-2-4-All 	TRIZ 	Shift & share 	Helping heuristics 	Design storyboards 	Generative relationships 	Ecocycle 
Impromptu networking 	15% solutions 	25 : 10 crowdsourcing 	Conversation café 	Celebrity interview 	Agree/certainty matrix 	Panarchy 
9-whys 	Troika consulting 	Wise crowds 	User experience fishbowl 	Social network webbing 	Simple ethnography 	Purpose to practice 



Action Strategies, Objective 3: Tools and Resources

- Northern Health has developed and/or supported the development of tools and resources that support local healthy communities action strategies
 - Position Statements and Key Messages
 - Healthy Communities toolkit
 - Community Visioning Session
 - Community Health Status Reports (Community Health Information Portal)



Action Strategies, Objective 3: Tools and Resources

- Tools and Resources continued:
 - Community Health Profiles
 - P4HC and IMAGINE grants
 - NH expertise (e.g. PH experts, evaluation support)
 - Local Government action guides
 - Student support of research and evaluation initiatives



Evaluation



Evaluation

Local Food Box Draw Name: [REDACTED]

To be eligible to win one of the 3 South Peace Colony Turkeys, you must answer the following question:
"How can Northern Health partner with communities to support health?"

Workshops like these are a great way to interact & support those working within the community to build a healthier community.

Local Food Box Draw Name: [REDACTED]

To be eligible to win one of the 3 Local Food Boxes, you must answer the following question:
"How can Northern Health partner with communities to support health?"

Share your knowledge & expertise, facilitate conversations like this one today. Encourage & advocate for healthier communities: active transportation, community gardens, awareness of the health and nutrition of foods we consume.



Questions?

Sabrina Dosanjh-Gantner: Lead, Healthy
Community Development - Local Governments

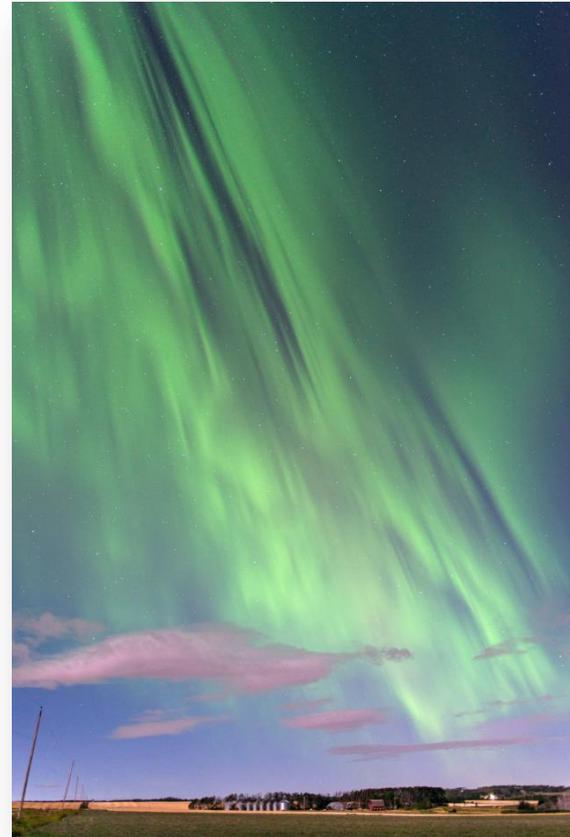
Phone: 250-645-6560

Email: Sabrina.DosanjhGantner@northernhealth.ca

Theresa Healy: Lead, Healthy Community
Development - Aboriginal Health

Phone: 250-565-7390

Email: Theresa.Healy@northernhealth.ca



Resources

Northern Health Healthy Community Development webpage (under construction):

<https://www.northernhealth.ca/YourHealth/HealthyLivingCommunities/HealthyCommunityDevelopment.aspx>

Northern Health Position Statements Addressing Risk Factors:

<http://www.northernhealth.ca/AboutUs/PositionStatementsAddressingRiskFactors.aspx>

PlanH: www.planh.ca

BC Healthy Communities: www.bchealthycommunities.ca

Citizen Series Webinars: <http://bchealthycommunities.ca/project/131/display>

Healthy Families BC: <https://www.healthyfamiliesbc.ca/>

