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

Sabrina Dosanjh-Gantner and Theresa Healy
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.
About Population 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
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
● 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?

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: Shawn O'Neill, sno'neill@kitimat.ca

What is your vision for a healthier community?

Your Valemount Healthier Communities Committee is hard at work making Valemount a healthier community.
Find out how you can get involved. For information, contact: Helen Blanchette, hblanchette@valemount.ca
Debbie Strang, debbie.strang@northernhealth.ca

What is your vision for a healthier community?

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
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

Consultation methods:
Tabletop classrooms, Focus groups, Dialogue techniques, Round tables

Effective Facilitation Support

Overall Approaches:
World Café, Open Space, Appreciate Inquiry

Relationship building:
Opening rounds, Networking Analysis, Collaboration Multiplier, Learning Agreement
Action Strategies, Objective 1: Facilitation Support
• 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
**Action Strategies, Objective 2: Learning Opportunities**

**Liberating structures**

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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
MIND FILLING OUT THIS EVALUATION FORM FIRST?
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 these 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. Act on transportation, community gardens, awareness of the health & nutrition of foods we consume.
Questions?

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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/