

Healthy Together Now: Focusing on our Strengths and Looking Ahead



Share and Learn

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From CDPI to HTN

- Community-led
- Regionally coordinated
- Government supported



Health Promotion defined...

- Health promotion is the process of enabling people to increase control over, and to improve, their health. It moves beyond a focus on individual behaviour towards a wide range of social and environmental interventions.
- Information, skills, resources & supports *



Ottawa Charter for Health Promotion

- **Create supportive environments**

Supporting actions within the context of where people live, work, learn, and play.

- **Strengthen community action**

Work with communities to set priorities, make decisions, plan strategies and take action. Requires access to information, learning opportunities and financial support.

- **Develop personal skills**

Access to information, opportunity to try new behaviours and seek help when needed



Ottawa Charter for Health Promotion

- **Reorient health (and other) services**

What is it about us that supports progress? What is it about us that hinders progress? Requires flexibility, creativity and bold action.

- **Build healthy public policy**

Coordinated action that leads to health, income and social policies that foster greater equity. May address organizational change, legislation, fiscal measures and taxation.



Health Promotion in Everyday Life: The Revy Experience

- **Create supportive environments**
 - Targeted flyer drop re: possibilities
- **Strengthen community action**
 - Do It Yourself approach - Financing options
- **Develop personal skills**
 - Information – print, video
 - Hands-on practice – Products available – In-house support
- **Reorient health (and other) services**
 - Meaningful services – culturally appropriate, timely
- **Build healthy public policy**
 - Company hiring practices



Hummingbird Garden

- **Create supportive environments**

 - Partnership with City Counselor, community meeting

- **Strengthen community action**

 - Targeted carrot & turnip drop, on-site BBQ

- **Develop personal skills**

 - Hands-on practice – Peer mentoring - Workshops

- **Reorient health (and other) services**

 - Legitimate work - Partner with Rehabilitation services

- **Build healthy public policy**

 - Land use agreements – municipal Recreation Master Plan - Reserve plots for community rehabilitation



So Where Are We At Now?

- Many successes in local communities
- Many challenges
- 3 key areas to focus
 - Community engagement
 - Capacity building
 - Sustainability



Community Engagement

- Inform – awareness /public education
- Input – input / advice / feedback
- Engage – views / opinions / perspectives
- Collaborate – make decisions / share resources
- Empower – autonomous decisions / take action



Capacity Building

- Information
- Skills
- Resources
- Support



Sustainability

- Strength-based
- Succession plan
- Notion of free vs affordable
- Outcomes
- Partnerships and integration
- Healthy public policy



