



Healthy Communities Partnership
Stewardship Committee
Date: Feb 1 2011
Time: 8:30 AM – 12:00 PM
Location: LGL Health Unit Smiths Falls Office
MINUTES

Present: Lois Dewey, Paula Stewart, Susan Turnbull, Jeff Kohl, Danielle Shewfelt, Carrie Kasurak, Katie Jackson, Mona Wynn, Brigitte Gagnon, Erin McLean, Beth Collins, Richard Kidd, Suzanne Rivard, Elaine Mallory, Mike Poulin, Lorraine Allen, Paula Davio (recorder)

Regrets: Jane Torrance, Susan Hreljac, Kevin Kapler, Sandra Devaney, Mike Read, David Dargie, Marg Fancy, Yves Decoste.

1. Networking and Refreshments:
2. Welcome and Introductions: Lois welcomed all to the meeting and members introduced themselves. Handed flow over to Jeff Kohl. Time lines are tight. Jeff explained the procedure for the day.
3. Approval/Additions to Agenda: Approved as circulated
4. Francophone engagement: Brigitte explained that the MHP&S has commissioned the French Language Health Services Network to assist partnerships. Brigitte is here to help us reach the French community and to integrate the Francophone community into the HCP.
5. Terms of Reference:

This is a living document for guidance and is subject to change as the committee evolves.

Revisions:

- Include the six topic areas
- Add bullet under responsibilities – promotion and engagement of the community regarding the HCP priorities and recommended actions (Particularly with Municipalities around Integrated Community Sustainability Plan – ICSP or ICS Operational Plan)

ACTION: Changes will be made to the Terms of Reference and circulated to HCP SC members

6. Recommended Actions:

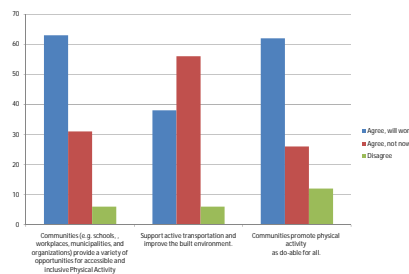
- A short explanation of the process used to reach this point:
 - group established the community profile from the data available
 - HCP Launch day participants and local organizations provided input through small work groups and focus group sessions, 15 focus groups were conducted throughout the Counties, asked: what did they think made a healthy community, what is working well in their communities and what were the burning issues
 - HCP Stewardship committee considered results of community/organizational input, community profile data and best practice/evidence and drafted 3 or 4 potential recommended actions (RAs) per each of the 6 priority areas.
 - Local organizations were surveyed and asked for each draft RA: do they agree and would work on, agree but will not work on now, or disagree with the RA.
- Survey results:

Results from Community Focus Groups – presented in slide format

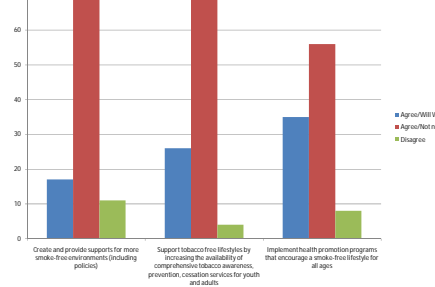
- Who responded to the survey:

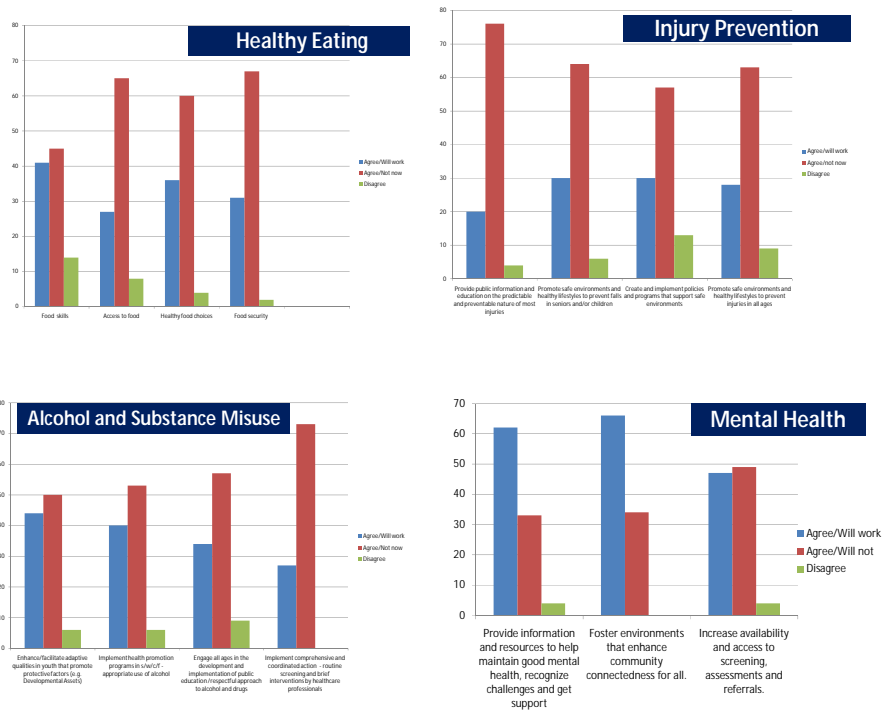
○ Health	11
○ Municipal	10
○ Parents/Children	10
○ Community	8
○ Youth	7
○ Adults	2
○ Education	1
○ Francophone	1
○ Individuals	1

Physical Activity



Tobacco





- Final approval of recommended actions:
The HCP Stewardship committee agreed to choose the recommended action which had the most community organizations indicate that they 'agreed and are willing to work on' for Ministry submission.
Final choice of no more than two RA's / priority area:
 - Physical Activity: (Discussion and agreement: work on the built environment would meet the requirements of RA #1.)
 - Provide a variety of opportunities for accessible and inclusive physical activity.
 - Promote physical activity as do-able for all.
 - Tobacco:
 - Support tobacco-free lifestyles by increasing the availability of comprehensive tobacco awareness, prevention, cessation services for youth and adults.
 - Implement health promotion programs that encourage a smoke-free lifestyle for all ages.
 - Injury Prevention:
 - Create and implement policies and programs that support safe environments, especially for seniors and children.
 - Promote safe environments and healthy lifestyles to prevent injuries in all ages
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 - Healthy Eating:

- Provide opportunities for individuals to develop food selection, food preparation, and food safety skills.
- Provide supportive environments for healthy food choices.
- Mental Health:
 - Provide individuals/families/communities with information and resources to help them maintain good mental health recognize mental health challenges and get support.
 - Foster environments that enhance community connectedness for children, teens, adults and seniors.
- Alcohol and Substance Misuse:
 - Enhance and facilitate adaptive qualities in youth that promote protective factors, that buffer risky environments and lead to resilience (e.g. Developmental Assets)
 - Implement health promotion programs in schools, workplaces, communities and with families that encourage appropriate use of alcohol and avoid problematic substance use for all ages

7. BREAK

8. Policy Direction for HCP Stewardship Committee:

- Choice of two priority areas:
 - HCP Stewardship Committee chose to explore the areas of Mental Health and Physical Activity.
- Small group work:
 - Split into two groups - Mental Health and Physical Activity. Each group explored: target groups/populations, settings activities, partners and resources available for their topic area.
 - Physical Activity report summary:
 - Target groups: children/youth, coaches, families, seniors
 - Settings: municipalities, recreation facilities, schools, communities
 - Activities:
 - Develop a HC charter for Lanark, Leeds and Grenville on Physical Activity and Healthy Eating. Create a designation system similar to 'Communities in Bloom'. Provide assistance/support in creation of new sports 'clubs' ex: cross country ski clubs, touch football leagues, geo-caching and scavenger hunts, promotion of unstructured play.
 - Develop a tool kit for groups starting a trails committee.

- Create a coordinated physical activity/healthy eating policy with recreation/sport providers, community groups, school boards – aligned with Canada’s Guide to Healthy Living. Purpose: all children and families have access
 - Partners needed: coaches associations, sports leagues (organized) – inclusive - dance, martial arts, trail committees and Mental Health, nurturing assets that support mental well-being. Ages 6 to senior, talk with the people don’t dictate, identify assets, support places that improve, workplaces include schools, students, working poor, Student support Leadership initiative.
 - Resources available: The Toronto Charter for P.A. – A Global Call to Action, Nutrition Resource Centre, Thunder Bay geo-cachery project, Heart and Stroke Spark Partner
- Mental Health report summary:
 - Theme: Nurturing assets that support positive mental well being
 - Target Groups: Youth (6-24 years), workplace
 - Settings: schools, workplaces
 - Activities:
 - Opportunities for target group engagement
 - identifying individual assets and understanding of mental health and illnesses
 - Support workplaces to meet mental health and well being requirements
 - Partners: province, schools and workplaces

Discussion: build a healthy communities charter and offer designation similar to ‘Communities in Bloom’. Communities would have to meet certain requirements as determined by HCP: stewardship group to qualify.

9. Final choice of two areas for policy direction:
 - ✓ Mental Health
 - ✓ Physical Activity (including healthy eating as appropriate)
10. Network Maps: Information session by teleconference to set the goals of the Network Maps.
 - Suzanne Rivard, Carrie Kasurak, Brigitte Gagnon and Lois to attend information session with Health Nexus to develop the maps for HCP:LLG

11. March Event:

- Focusing on Constellation Model and launch of network maps –
- Two possible dates. March 23rd or 30th.
- All day -
- Camp Merrywood possible.

Katie Jackson, Mona Wynn, Suzanne Rivard, Brigitte Gagnon, Erin McLean and Lois to form a task force to plan and organize March event.

12. Time and Date of next meeting:

ACTION: Lois to send out choice of regular meeting date.

LD/pd