



Healthy Communities Partnership
Core Committee
Date: January 6, 2011
Time: 9:00 am
Location: Smiths Falls Health Unit
MINUTES

Present: Lois Dewey, Jeff Kohl, Mona Wynn, Susan Turnbull, Onalee Randell, Paula Stewart, Katie Jackson, Erin McLean Jane Torrance, Mike Poulin, Collin Slack, Sandra Devaney, Susan Hreljac, Ruth Kitson, Carole Chang, Beth Collins, Kevin Kapler, David Coombs, Margaret Fancy, Paula Davio (recorder)

Regrets: Suzanne Rivard, Mike Read, Andrea Kruz, David North, David Dargie, Keith McPhee

1. Refreshments and Networking
2. Welcome and Review of Agenda:
 - Lois welcomed all, and gave a brief overview of what Healthy Communities Partnership is all about as well as a summary of:
 - the partnership's choice on decision-making (consensus),
 - criteria (Need to's/Nice to's),
 - resources for development of Background Summary Sheets for each topic area:
 - sources of data for development of Problem Statements (community profile, community focus groups, organizational focus groups, Partnership Day participants) and
 - sources of best practice for 'Draft Recommended Actions' (Ontario Chronic Disease Prevention Alliance – Evidence Informed Messages, Ontario Public Health Guidance Documents, Healthy Minds, Healthy People –BC, Using policy to promote mental health and wellbeing – Victoria, OCDPA Toolkit to Healthier Communities – Influencing Healthy Public Policies, Food Matters Coalition Objective, National Framework to Reduce the Harms Associated with Alcohol and Other Substances in Canada)
3. Review resources/tools for today's meeting - Jeff gave an overview of the plan for the day and where we are headed.
4. Introduction to Asset-Based Community Development and Appreciative Inquiry: Jeff explained the above-

- Appreciative inquiry - a positive approach that builds on what already works and uncovers the best of what is, while building to realize full potential.
5. Small Group Activity (Part 1): Jeff split the attendants into 3 groups. Lois handed out background summary sheets (compiled by priority setting task force), as well as copies of source documents for referencing.
- Topics addressed: Physical Activity Sport and Recreation, Substance / Alcohol Misuse, and Tobacco Use/ Exposure
- The tasks of the small groups were to:
- review information,
 - review problem statements and write a vision statement
 - choose no more than 5 recommended actions for each topic area
 - report back to the group.
6. Small Group Reports:

Physical Activity Sport and Recreation

Vision: All residents of Leeds Grenville & Lanark have the necessary resources desire / exposure and /or knowledge to be physically active and all age levels meet the daily recommended minimum physical activity requirement

- **Recommended Actions:**
 - Communities (e.g. schools, workplaces, municipalities, and organizations) provide a variety of opportunities for accessible and inclusive Physical Activity.
 - Support active transportation and improve the built environment.
 - Communities promote physical activity as do-able for all.

Substance / Alcohol Misuse

Vision: Lanark, Leeds and Grenville have children, youth and adults who have a healthy, respectful knowledgeable, attitude and behavior with respect to alcohol and other drugs.

- **Recommended Actions:**
 - Enhance and facilitate adaptive qualities in youth that promote protective factors that buffer risky environments and lead to resilience (Developmental Assets)
 - Implement Health Promotion programs (materials, school-based curriculum, actions and policies, workplace wellness programs and family & parenting programs) that encourage appropriate use of alcohol and avoid problematic substance use for all ages.
 - Engage all ages in the development and implementation of public education campaigns and programs aimed at de-stigmatizing problematic substance use and creating a culture of moderation and healthy, respectful use of alcohol and other drugs.
 - Implement comprehensive and coordinated action promote the use of routine screening and brief interventions by healthcare professionals.

Tobacco use/exposure

Vision: Less use of and exposure to tobacco and better health outcomes for all ages.

Recommended Actions:

- Create and provide supports for more smoke free environments (including policies)
- Support tobacco free lifestyles by increasing the availability of comprehensive tobacco awareness, prevention, cessation services for youth and adults.
- Implement Health Promotion programs (materials, school-based curriculum, actions and policies, workplace wellness programs and family & parenting programs) that encourages a smoke free lifestyle for all ages.

7. Lunch/Networking/Walk

8. Small Group Activity (Part 2) three more groups were formed – same tasks as in morning session, with different topics: Injury Prevention, Healthy Eating and Mental Health.

9. Small Group Reports:

Injury Prevention:

Vision: Leeds Grenville and Lanark residents have the knowledge and skills to prevent injuries (including before, during and after an incident) and a safe environment exists in which to live, work and play

Recommended Actions:

- Increase public awareness of the predictable & preventable nature of most injuries, (e.g. farms, workplaces, playgrounds, waterways & pools, indoor and outdoor recreational trails and venues, homes, roadways, pedestrian and bike paths.)
- Promote safe environments & healthy lifestyles to prevent falls in seniors and /or children.
- Create & implement policies and programs that support safe environments
- Promote safe environments and healthy lifestyles to prevent injuries in all ages. (e.g. farms, workplaces, playgrounds, waterways & pools, indoor and outdoor recreational trails and venues, homes, roadways, pedestrian and bike paths.)

Healthy Eating:

Vision: All residents of Leeds Grenville and Lanark have a healthy body weight and the necessary resources, food skills / knowledge to access safe, healthy, affordable and culturally appropriate food.

Recommended Actions:

- Provide opportunities for individuals to develop food selection, food preparation, and food safety skills in all community settings, (workplace, school ... etc.)
- Support, establish and implement policies that increase (i.e. municipal planning...etc) access to safe, healthy and affordable food (i.e. grocery store location, farmers market, community gardens...)
- Provide supportive environments for healthy food choices (i.e. local food...etc)
- Support advocacy strategies that are responsive to food security issues and healthy eating

Mental Health:

Vision: A supportive community that understands and promotes mental health and responds appropriately to mental illness.

Recommended Actions:

- 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.
- Increase availability and access to screening, assessments and referrals for mental health issues.

10. Whole Group

- Review of Recommended Actions – complete
- Identify Policy/Overarching issue focus for HCP LLG (brain-storming themes/issues)
 - Supportive environments
 - Inclusion
 - People in life stage/ and other times of transition
 - Partnerships/collaboration
 - Resiliency for all ages and stages
 - Build on “what’s already working”

Physical Activity, Sports & Recreation

Mental Health

11. Next Steps: Draft recommended actions will be sent out to Community partners for feedback.

12. Next meeting: February 1 at 9:30 AM at the Smiths Falls Health unit office.

13. Adjourn

LD/pd