

Topic:

# Healthy Communities

Local Health Involvement Group Report  
to the Board of Directors

Highlights from the  
Community

Fall 2017



## Meeting Details

Local Health Involvement Group members were asked to participate in an in-person consultation and to provide feedback virtually on the topic of Building Healthy Communities.

The topic was chosen by the Board of Directors as it relates to their Strategic Direction of "Optimizing community engagement partnership opportunities through a purposeful alignment with our vision."

## Meeting Context

Dr Michael Routledge, Medical Officer of Health for Southern Health-Santé Sud was invited to come and get feedback from the group about what makes communities in our region healthy.

Participants were provided with some information from the report on the Health Status of Manitobans and our regional Community Health Assessment.

Current news is centred around the health of our system rather than the health of our residents. 75% of what makes people healthy is unrelated to our health system. Rather, the physical and social environments play a much greater role in individuals staying healthy.

Participants were asked to respond to the following questions:

- How would you describe the health of people in Southern Health-Santé Sud?
- What factors determine health and well-being?
- What do we do as Southern Health/Manitoban/Canadian residents to maximize community well-being and quality of life?
- What messages do you have for our Board to improve the health of residents in our region?

## Themes/Thoughts

### Highlights

- There are several health gaps in the region similar to other places in Manitoba- specifically Indigenous health.
- We are pretty good at addressing illness and seniors health but have some work to do when it comes to Mental Health across the age span and adolescent health.
- The connectedness in small rural communities is an advantage that we often take for granted.
- Income and poverty play a significant role in overall health outcomes. Participating in a poverty simulation exercise is a powerful way to gain education and understanding of the specific needs and challenges.
- Socialization and connections are being acknowledged as key factors in healthy people and communities.
- Our government system is set up that the sectors aren't often supported to work together for the health of individuals- that needs to change. Small communities understand how to do this very well.
- Peoples stories have the greatest impact in mobilizing healthy changes.

### Messages to the Board of Directors

- Adopt a public health/healthy environment lens in your work. Recognize that healthy communities=healthy people.
- Listen to peoples' stories (good or bad). It builds perspective on all issues.
- Relationships break down barriers- be open to hearing from and creating partnerships with a variety of groups that can help inform your work.
- Continue supporting the work of the Local Health Involvement Groups. It is a great way to hear from a variety of residents on all sorts of topics.