

TO: CHAIR AND MEMBERS
SOCIAL PLANNING COMMITTEE

DATE: 2015 March 24

FROM: DIRECTOR PLANNING AND BUILDING

FILE: 1750 20

SUBJECT: UPDATE ON THE BURNABY HEALTHIER COMMUNITY
PARTNERSHIP

PURPOSE: To provide an update on the initiatives of the Burnaby Healthier Community Partnership.

RECOMMENDATIONS:

1. **THAT** this report be received for the information of the Committee and Council.
2. **THAT** a copy of this report be forwarded to Dr. Lisa Mu, Medical Health Officer for Burnaby and Mr. Ron Burton, Chair, Burnaby Board of Education.

REPORT**1.0 INTRODUCTION**

At its meeting on 2014 February 17, Council approved the Terms of Reference for a Healthier Community Partnership (HCP) between the City, Fraser Health and the Burnaby School District. The Terms of Reference were developed by a joint working group comprised of representatives from all three organizations. The Terms of Reference were approved by Fraser Health in 2014 January and by the Burnaby School District in 2014 February. This report provides an update on the initiatives of the HCP since its inception in early 2014.

2.0 HEALTHY COMMUNITY PARTNERSHIPS

The HCP initiative stems from the global healthy community movement which recognizes that health is “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (World Health Organization, 2010). It is recognized that many activities/initiatives that contribute to health are generated outside the formal health care system. Health promotion can be advanced through a broad, integrated and intersectoral approach to achieve equitable and sustainable health for all people. Local governments and community agencies, through their service provision and community planning and development functions play an important role in the promotion of population health and prevention of chronic disease.

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Fraser Health is currently working to establish HCPs with each of the municipalities within its service area in order to provide an increased relationship between each other's area of expertise and support the mutual creation and/or strengthening of the elements of healthy communities.

Fraser Health initially approached the City of Burnaby in 2011 June to request the development of a Burnaby HCP. At the time, Council recommended the City's potential involvement in the partnership be explored through the Phase 1 implementation and workplan process of the Burnaby Social Sustainability Strategy.

At its meeting of 2013 March 4, Council approved the implementation workplan for Phase 1 of the Social Sustainability Strategy. Included in the actions for implementation in Phase 1 was *Action #23 – Consider updating and re-launching the Healthy Community Initiative to promote and deliver programs that include:*

- *health promotion and chronic disease prevention;*
- *benefits of walking and pedestrian - and bicycle-friendly development;*
- *good nutrition;*
- *tobacco and drug reduction;*
- *information on emotional and sexual health (e.g., healthy relationships); and*
- *awareness of health and support services available – family care/physicians, acute care, homecare, Burnaby Youth Hub, and others.*

Since the adoption of the Phase 1 implementation plan, City staff have worked with Fraser Health and to develop Terms of Reference for a Burnaby HCP. Given the history of collaboration between the City, Fraser Health and Burnaby School District, the School District was invited to participate in the partnership as well.

3.0 BURNABY HCP

A joint working group comprised of representatives from the City, Fraser Health and the School District met in the fall 2013 to discuss the current health status of Burnaby and recommend a structure and initial priorities for a Burnaby HCP. Representatives from the City included Councillors Paul McDonell and Pietro Calendino. The joint working group agreed on the Terms of Reference for a Burnaby HCP as well as two priorities to address in 2014-2015: 1) Mental Health and 2) Physical Activity and Literacy¹. These priorities emerged after examining the health status of Burnaby residents and analyzing the health-related actions in the Burnaby Social Sustainability Strategy.

The joint committee recommended a HCP structure comprised of a Steering Committee and two working committees of mental health and physical activity and literacy to address the identified

¹ Physical literacy, as defined by the Burnaby HCP, is the development and maintenance of the fundamental movement skills that we all need not only for sports but to move with competence and confidence in a wide variety of physical activities in multiple environments and a variety of situations that benefit the healthy development of the whole person.

priorities. The Steering Committee is comprised of individuals with both decision-making and technical expertise within each organization and is responsible for overseeing the work of the two working committees. It has met twice since the inception of the Burnaby HCP. The Terms of Reference state that the Partnership will report on its progress annually to Burnaby City Council, Fraser Health and the Burnaby Board of Education.

4.0 HEALTH PRIORITIES FOR 2014-2015

To address the priorities of Mental Health and Physical Activity and Literacy, two working committees comprised of appropriate staff from the three organizations have been formed. Each committee has developed a goal, objectives and workplan for 2014-15. Combined, the two committees, with the approval of the Steering Committee, have agreed on the following vision for the Burnaby HCP:

Burnaby embraces health and wellness. All Burnaby residents and communities will be supported with knowledge and opportunities that empower them to improve their health and wellbeing.

The Burnaby HCP was successful in securing a \$5,000 grant from BC Healthy Communities to assist each committee with its activities.

4.1 Mental Health Working Committee

The goal of the mental health working committee is:

To promote mental wellness by fostering relationships between HCP partners, and between individuals and groups within our community through knowledge, supports and resources.

The committee is comprised of representatives of the City (Councillor McDonell, social planning staff), the School District (counsellors, administration and Trustee Narang), Fraser Health (mental health and substance use services, public health), Ministry of Children and Family Development (child and youth mental health), Burnaby RCMP and the Burnaby Division of Family Practice.

The committee has focused on the following activities:

Information Sharing – As a first step in working together as a committee, each organization's representatives have shared information on their programs, services and resources. This work has created a better understanding among organizations of the resources available in the community and areas where committee members could collaborate to promote mental health in the community. In particular, the committee will aim to work together to reduce the stigma of mental illness and improve access to and trust in mental health information and resources.

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Submission to the Provincial Select Standing Committee on Children and Youth – The committee prepared a submission for the Provincial Standing Committee’s special project examining youth mental health in B.C. in 2014. The Burnaby HCP submission included mental health data for Burnaby youth, information on gaps in services and seven recommendations. These recommendations focused on the need to improve early intervention and preventative services for children and youth to promote mental wellness through the lifespan.

Mental Health Forum – To promote mental health awareness and help reduce stigma of mental illness, the committee is holding a forum at Byrne Creek Secondary on May 14, 2015 focusing the importance of empathy in interacting with youth who may be experiencing mental health challenges. The forum is geared to frontline service providers (youth workers, teachers, police, Parks and Recreation staff) and will include information on available resources. The forum will follow a youth-organized forum on mental health geared to youth and their advocates that will take place on May 7 at Byrne Creek as well. The two events have been planned to coincide with the provincially recognized Youth Week (May 1-7) and nationally recognized Mental Health Week (May 4-10).

Participants at the May 14 forum will be asked to evaluate the event and provide suggestions for other initiatives to promote mental health for the consideration of the HCP mental health working committee.

4.2 Physical Activity and Literacy Working Committee

The goal of the Physical Activity and Literacy (PAL) working committee is:

To support Burnaby communities and residents of all ages with knowledge and opportunities which empower them to increase their physical literacy and activity.

The committee is comprised of representatives of the City (Councillor Calendino, Parks, Recreation and Cultural Services, Planning, and Engineering staff), the School District (P.E. teachers, administration), Fraser Health (public health, health protection and cardiac rehabilitation) and the Burnaby Division of Family Practice.

The committee has focused on the following activities:

Information Sharing – As with the mental health committee, the PAL committee initiated their work together by sharing information on their programs, services and resources. Committee members established a common objective to promote physical literacy and awareness of the importance of physical activity throughout the lifespan.

Physical Literacy and Fundamental Movement Series – To promote awareness of physical literacy, the committee sponsored a professional development day for teachers and recreation leaders on 2015 February 20. Sixty-five teachers and 40 Parks and Recreation staff attended the day. Representatives from Langara College, Action Schools BC and ViaSport also participated

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in the event. A half-day follow-up session for participants will take place in May. In addition, the committee is developing a secure web page for participants to share resources and identify opportunities for collaboration.

Mobility Access Planning - The committee will work together to sponsor a Mobility Access Planning (MAP) project at Stoney Creek community school in April and May 2015. The project follows previous successful MAP projects in Edmonds (2010) and Cascade Heights (2013). The MAP Stoney Creek project will involve grade 4 students and older residents of the neighbourhood. The project will include classroom visits to have students map common walking routes and learn about the linkages between health, active transportation and the built environment. A community walkabout will then take place to identify barriers and supports to walking. A follow-up event will held to present the findings of the walkabout and evaluate the community's interest in walking and other forms of active transportation.

5.0 NEXT STEPS

In the first year of working as a partnership, Burnaby HCP members have indicated that relationships have been strengthened across organizations and within organizations. HCP members have benefitted from these relationships to support each other's work, both formally and informally. For example, the Burnaby Division of Family Practice benefitted from connections made through the HCP to extend its reach into the community during its "A GP for Me" public consultation process², and more recently for its Empowered Patient lecture series. Similarly, the PAL committee's focus on physical literacy ties into changes in B.C. Ministry of Education's physical education curriculum as well as Burnaby's Parks, Recreation and Cultural recent initiatives around physical literacy.

In the year ahead, the Burnaby HCP will continue to focus on physical activity and literacy and mental health through its two working committees. Each committee will be seeking feedback from the community at its events to guide future directions and initiatives. A common goal for both committees will be to develop communication materials to deliver healthy community messages and draw connections between good physical health and good mental health. The Burnaby HCP has applied for a grant from the Burnaby Hospital Foundation to assist with its communication activities.

HCP members recognize that the work of the partnership will need to occur within each member's existing work program and available resources. In this regard, members will continue to ensure the work of the HCP aligns with each organization's existing priorities and supports work that is already happening in the community.

² "A GP for Me" is a joint program of the Ministry of Health and the Doctors of B.C. A GP for Me in Burnaby aims to: 1) enable Burnaby residents who want a family doctor get one; and 2) support the relationships between patients and family doctors. A GP for Me in Burnaby conducted an extensive public consultation process in Burnaby from February to July 2014.

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6.0 CONCLUSION

Over the last year, representatives from the City, Fraser Health and Burnaby School District have worked together to develop a Burnaby Healthier Community Partnership. The overall goal of the partnership is to promote health and prevent chronic disease through community-based healthy living initiatives. For the first year, the Burnaby HCP has focused on the health priorities of physical activity and literacy and mental health. Through strengthened working relationships and coordination of existing resources, these two priority areas will continue to be the focus of the HCP in the year ahead.

It is recommended that this report be received for the information of the Committee and Council.

It is further recommended that a copy of this report be forwarded to Dr. Lisa Mu, Medical Health Officer for Burnaby and Mr. Ron Burton, Chair, Burnaby Board of Education.


Lou Pelletier, Director
PLANNING AND BUILDING

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Copied to: City Manager
Deputy City Managers
Director Parks, Recreation and Cultural Services
Director Engineering
Director Finance
City Clerk
Chief Librarian

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