

TO: CHAIR AND MEMBERS
SOCIAL PLANNING COMMITTEE

DATE: 2016 May 19

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, Mr. Ron Burton, Chair, Burnaby Board of Education, and Ms. Valerie Dubenko, Executive Director, Burnaby Division of Family Practice.

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. In accordance with the Terms of Reference, this report provides an update on the activities of the HCP over the last year (April 2015-May 2016).

2.0 HEALTHY COMMUNITY PARTNERSHIPS

The HCP initiative is rooted in 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. Local governments and community agencies, through their service provision and community planning and development functions can play an important role in the promotion of population health and prevention of chronic disease.

Fraser Health is currently working to establish HCPs with each of the municipalities within its service area. It 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

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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 worked with Fraser Health 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 McDonnell 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.

During its first year, two working committees comprised of representatives from all three organizations, as well as representatives from the Burnaby Division of Family Practice², were formed to address the identified health priorities. The activities of the two working committees were reported to the Social Planning Committee in 2015 April. Since that time, the HCP has continued to build on these activities, as described in section 4.0 below.

4.0 BURNABY HCP COMMITTEES AND ACTIVITIES 2015-16

The Burnaby HCP and its committees continued to focus on the health priorities of mental health and physical activity and literacy in 2015-16.

¹Physical 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.

²The Burnaby Division of Family Practice brings together Burnaby-based family physicians to identify opportunities to improve the delivery of local health care and achieve meaningful change that benefits, patients, physicians and the community as a whole.

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4.1 Steering Committee

The HCP Steering Committee is responsible for the overall direction and activities of the HCP. It is comprised of representatives from the City of Burnaby (Councillors Calendino and McDonell), the Burnaby Board of Education (Trustee Baljinder Narang) and Fraser Health (Dr. Lisa Mu, Medical Health Officer for Burnaby and Sheila Finamore, Executive Director for Burnaby Hospital) as well as technical staff from each organization.

4.2 Mental Health Working Committee

The committee is comprised of representatives of the City (Councillor McDonell, and City staff), the School District (Trustee Narang and school counselling services staff), 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 initiatives:

Mental Health Forum

To promote mental health awareness and help reduce the stigma of mental illness, the committee presented a half-day forum – *Moments to Milestones* - at Byrne Creek Secondary in 2015 May. The forum focused on the importance of empathy in interacting with youth who may be experiencing mental health challenges and was geared to frontline service providers (youth workers, teachers, police, Parks and Recreation staff). Over 100 participants took part in the forum. In the post-event evaluation, participants stated they appreciated the opportunity to learn more about youth mental health. They also noted the challenge of limited services specific for youth in Burnaby and the difficulty that youth and families experience accessing programs and navigating the mental health service system. Participants indicated they would be interested in initiatives to improve service integration.

Submission to Phase Two of the Provincial Select Standing Committee on Children and Youth

Following the mental health forum, the mental health working committee prepared a submission for the second phase of the Provincial Standing Committee's special project examining youth mental health in B.C in 2015 July. Based on feedback from the *Moments to Milestones* forum, the submission stressed the need for better coordination and collaboration around mental health services at a local level. The submission recommended Provincial support for locally-based initiatives to improve service integration.

Request for a Local Child and Youth Mental Health and Substance Use Collaborative

Building on the feedback from the mental health forum and the committee's recommendations to the Provincial Select Standing Committee on Children and Youth, the mental health working committee recommended that the Burnaby HCP write to the Burnaby Division of Family Practice to encourage the Division to create a Local Action Team (LAT) for a Provincially-sponsored initiative called the *Child and Youth Mental Health and Substance Use Collaborative*. The Collaborative is a joint initiative of the Doctors of BC and the BC Ministry of Health that

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aims to increase the number of children, youth, and their families receiving timely access to integrated mental health and substance use services and supports. A LAT can be initiated by the local Division of Family Practice. The Provincial Collaborative initiative provides funding for a paid facilitator to coordinate the activities of the LAT.

In 2015 October, the Burnaby Division of Family Practice agreed to sponsor this collaborative initiative and launched the first meeting of the Burnaby LAT in 2015 November. The LAT membership includes members of the Burnaby HCP's mental health committee, representatives from 26 mental health, substance use and social service agencies, youth and families who have lived experience, and family physicians. Over the next 10 months, the LAT is tasked with developing and implementing strategies to increase the number of Burnaby youth and families receiving timely access to integrated services.

4.3 Physical Activity and Literacy Working Committee

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

The committee has focused on the following activities:

Physical Literacy Professional Development

To promote awareness of physical literacy and the benefits of physical activity for self-regulation, the committee sponsored a professional development day for teachers and recreation leaders on 2015 May 21. About 50 participants attended including Physical Education teachers and Recreation leaders from Burnaby Parks and Recreation. In addition, participants have continued to share resources and identify opportunities for collaboration through a secure web page.

Mobility Access Planning

The committee worked with Stoney Creek community school to sponsor a Mobility Access Planning walkability assessment of the Stoney Creek neighbourhood in northeast Burnaby. The project involved committee members visiting a grade 3-4 class to map common walking routes and learn about the linkages between health, active transportation and the built environment. On the community assessment day on 2015 November 26, 60 participants took part in the neighbourhood walkabout including grade 3 and 4 students, parents, teachers, older residents, people with disabilities, and Councillor McDonnell and City staff. Participants identified simple solutions that could improve accessibility and walkability as well as other longer term improvements that could be made through the development approval process or part of other future capital works projects in the area.

Information Sharing and Promotion

Through the year, Committee members have shared information and helped promote various physical activity and health-related initiatives of the partner organizations. For example, HCP partners have helped promote the Division of Family Practice’s Empowered Patients series and have supported each other’s initiatives around Move for Health Day on 2016 May 10.

4.4 Joint Initiative

Community Dialogue

In October 2015, the Burnaby HCP hosted a community dialogue with 50 local representatives from different community and government organizations. The purpose of the dialogue was to gather input on ways to work together to enhance physical literacy and mental health in the community. Participants noted the strong connection between good mental and physical health and identified a need to develop health promotion messages geared to a cross section of Burnaby residents. Messages would focus on existing community resources and the linkages between mental health and physical activity. Input from the dialogue will be used to guide the activities on the HCP in the year ahead.

5.0 YEAR AHEAD

In looking at the year ahead, the HCP held a joint meeting of the HCP Steering Committee and its two working committees (mental health and physical activity and literacy) in 2016 January to review the work of the HCP and determine next steps. Committee members agreed that the HCP should continue to focus on the mutual benefits of mental and physical health promotion.

Through consensus, it was decided that the structure of the HCP should be modified to reflect a greater role for the Steering Committee in providing advice and guidance, information sharing, and identifying opportunities for collaboration. To streamline its activities, members of the existing mental and physical activity and literacy committees would be invited to join the Steering Committee rather than meet as separate committees. Also, in recognition of its support for and participation in the Burnaby HCP from its inception, the Steering Committee agreed that the Burnaby Division of Family Practice should be formally included as a partner in the HCP. In 2016 February, the HCP Steering Committee revised its Terms of Reference to reflect the modified structure.

In the year ahead, the HCP will focus on the following activities:

5.1 Communications Plan

The Burnaby HCP will focus on the development of a communications plan with community-specific, evidence-informed messages that support Burnaby residents to be healthy. The plan will identify specific audiences (e.g. youth, different cultural and ethnic groups, seniors) and the most appropriate media for engaging them given the parameters and existing resources of partner

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organizations. The HCP has received a grant of \$10,000 from the Burnaby Hospital Foundation to develop the communications plan.

5.2 Health Challenge

To activate the communications plan, the HCP proposes to work together to develop a health challenge for Burnaby residents. The challenge would focus on a simple and inexpensive activity such as walking that residents could do to support their health. Promotion of the challenge, for example, could include messages on the health benefits (both mental and physical) as well as environmental and social advantages of walking and would be geared to appropriate audiences (e.g., students, seniors, workers). Specific details of the challenge would be aligned to support existing initiatives of the HCP partner organizations. The HCP is applying for a \$5000 grant from Fraser Health Population and Public Health to support the development of the challenge.

6.0 CONCLUSION

Over the last year, representatives from the City, Fraser Health, Burnaby School District and the Burnaby Division of Family Practice have worked together on initiatives to promote mental and physical health in the community through its Healthier Community Partnership. In the year ahead, the Burnaby HCP will continue to focus on the mutual benefits and linkages between good mental and physical health. A main activity of the Partnership will be to develop a communications plan with community-specific, evidence-informed messages and activities that support Burnaby residents to be healthy. 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.

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, Mr. Ron Burton, Chair, Burnaby Board of Education, and Ms. Valerie Dubenko, Executive Director, Burnaby Division of Family Practice.



Lou Pelletier, Director
PLANNING AND BUILDING

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Deputy City Managers
Director Engineering
Director Finance
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City Clerk
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