

TO: CHAIR AND MEMBERS
SUSTAINABLE CITY ADVISORY
COMMITTEE

DATE: 2017 August 25

FROM: DIRECTOR PLANNING AND BUILDING

FILE: 1750 20

SUBJECT: UPDATE ON THE BURNABY HEALTHIER COMMUNITY PARTNERSHIP
FOR 2016-17

PURPOSE: To provide an update on the initiatives of the Burnaby Healthier Community Partnership for 2016-17.

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. Aamir Bharmal, Medical Health Officer for Burnaby, Ms. Sheila Finamore, Executive Director, Burnaby Health Services, Ms. Baljinder Narang, School Trustee, Burnaby Board of Education, and Dr. Davidicus Wong, Burnaby Division of Family Practice.

REPORT**1.0 INTRODUCTION**

The Burnaby Healthier Community Partnership (HCP) is a partnership of the City of Burnaby, Burnaby School District 41, Fraser Health and the Burnaby Division of Family Practice. It aims to promote a healthier community through collaboration amongst those who shape the places where people live, work, learn and play. In accordance with the Partnership's Terms of Reference, this report provides an update on the activities of the HCP over the last year (June 2016-September 2017).

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 partnership be explored through the Phase 1 implementation and workplan process of the Burnaby Social Sustainability Strategy.

Since adoption of the Phase 1 implementation plan, representatives from the City worked with Fraser Health and the Burnaby School District to develop Terms of Reference for a Burnaby HCP. In 2016, the Terms of Reference were amended to include the Burnaby Division of Family Practice.

3.0 BURNABY HCP 2016-17

The HCP Steering Committee is responsible for the overall direction and activities of the HCP. The Steering Committee is comprised of representatives from the City of Burnaby (Councillor Calendino), the Burnaby Board of Education (Trustee Baljinder Narang) and Fraser Health (Dr. Lisa Mu¹, Medical Health Officer for Burnaby and Sheila Finamore, Executive Director for Burnaby Hospital), and Dr. Davidicus Wong from the Burnaby Division of Family Practice, as well as support staff from each organization. The Steering Committee met five times between June 2016 to September 2017 while ad hoc committees of the Partnership met on an as needed basis to plan and implement activities throughout the year.

The Burnaby HCP has continued to focus on two priorities: 1) mental health and wellness and 2) physical activity and literacy. Over the last year the HCP focused on the following initiatives and activities in support of these priorities:

Information Sharing and Collaboration

A key initiative of the HCP is information sharing and collaboration. During the year the HCP received presentations and collaborated on the following topics:

Overdose Crisis

In April 2016, the Province declared overdoses a public health emergency. The HCP received presentations on the crisis including information on overdose related deaths and response. Fraser Health shared information on their public awareness campaign and multi-pronged response including naloxone² training and a suboxone³ treatment pilot project at Burnaby Hospital. In May, the School District presented a Fentanyl Awareness forum at the request of the District Parent Advisory Committee. HCP members helped to organize and promote the event and participated in it. In addition to drug awareness, the event focused on the protective factors of emotional well-being and supportive relationships as well as stories of lived experience. Over 60 people attended the event.

¹ In 2017 June, Dr. Aamir Bharmal replaced Dr. Mu as the new Medical Health Officer for Burnaby.

² Naloxone is a medication that can reverse the effects of an overdose from opioids (e.g. heroin, methadone, fentanyl, morphine).

³ Suboxone is a replacement drug for people who use substances. It suppresses the debilitating symptoms of cravings and withdrawal, better enabling a person to engage in therapy, counselling and support.

Local Action Team – Child and Youth Mental Health and Substance Use Collaborative

In October 2015, the Burnaby HCP wrote to the Burnaby Division of Family Practice to encourage the Division to sponsor a Local Action Team (LAT) for the Provincially-sponsored *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 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 Burnaby Local Action Team of the Collaborative was launched in November 2015. The LAT membership includes representatives from 26 mental health, substance use and social service agencies, youth and families with lived experience, and family physicians. The HCP was instrumental in helping to recruit agencies to the LAT. In 2016-17, the HCP received regular updates on the LAT. HCP members also helped to organize and promote LAT initiatives including “capacity café” events where parents and community members listen to youth with lived experience with mental health and substance use challenges. The LAT is currently developing referral resources geared to youth, parents and service providers as well as a workshop for physicians on the topic of Eating Disorders.

Dementia-Friendly Community Action Plan

Early in 2016, the City received a \$20,000 grant from the Union of BC Municipalities to develop a dementia-friendly community action plan. As defined by the Alzheimer Society of B.C., a dementia-friendly community is one that focuses on the inclusion of people living with dementia and on stigma reduction. Dementia-friendly community initiatives can include education, awareness and training about dementia; social and recreational programming that is inclusive of people living with dementia and their caregivers; and age- and dementia-friendly features in the community (e.g. such as clear signage and landmarks that help people with cognitive impairment get around safely). HCP members participated on the working group established to help develop the plan and the Steering Committee reviewed a draft version of it.

The draft plan will be presented to the Sustainable City Advisory Committee and forwarded to Council for endorsement in September 2017.

HCP Initiatives and Activities

Move for Health Day

In 2016, the Burnaby HCP received a Fraser Health Healthy Community grant of \$5,000 to implement health promotion activities. Funds from the grant were used to support three Move for Health Day (May 10, 2017) activities focused on different segments of the population:

- **Move for Health Day Walk, Workshops and Health Fair at Moscrop Secondary –** Wellness was the focus of a day-long event at Moscrop Secondary on May 10. Students started their day with a walk in the neighbourhood. Students then participated in workshops focused on student mental and physical well-being and a Health Fair. Twelve community

and social service agencies participated in the Health Fair. The School District is considering replicating the event next year.

- **Community Wellness Fair at Confederation Seniors Centre** –About 60 participants attended a Move for Health community wellness fair at Confederation Seniors Centre. A wide range of organizations were represented at the Fair including various Fraser Health programs (e.g. Home Health, Healthy Heart Program, Community Outpatient Clinic), Voices of Burnaby Seniors, Alzheimer Society of B.C. Burnaby Parks, Recreation and Cultural Services and Burnaby Public Library. Participants valued the range of information available and representatives from organizations appreciated the opportunity to network. The HCP intends to build on the Wellness Fair in the future.
- **Talk and Walk with Your Doc – Confederation Seniors Centre** – In the evening of May 10, community members were invited to attend an inspirational presentation on the mental and physical benefits of physical activity by Dr. Davidicus Wong. After the presentation, attendees participated in a “Walk with Your Doc” around Confederation track. Eleven local physicians attended the walk. The HCP intends to continue to promote the province-wide walk in future.

Communications Strategy

In 2016-17, a subcommittee of the HCP was involved in developing a communications strategy. Funds received from the Burnaby Hospital Foundation were used to facilitate the strategy development process. The completed strategy provides direction for the HCP to:

- raise awareness of ways the people who live, work, learn and play in Burnaby can improve their physical and mental health;
- raise awareness of community resources that support healthy living; and
- encourage participation in healthy living activities, namely walking.

The HCP intends to use the strategy in its upcoming walking challenge, as discussed below.

4.0 THE YEAR AHEAD

The Burnaby HCP will continue to focus on the health priorities of mental health and physical activity and literacy in 2017-18. In the year ahead, the HCP will focus on the following activities:

4.1 Walking Challenge

In 2017 March, Fraser Health announced an Active Communities grant opportunity to support increased physical activity in individuals and families. Guidelines for the grant noted that communities that work together to promote community health would be eligible for larger grants. As such, the Burnaby and New Westminster HCPs decided to make a joint application to build on successful walking initiatives underway in both cities and be eligible for a larger grant. Both cities recognize active transportation, including walking, as an affordable, healthy and environmentally-

friendly means of getting around. In May 2017, the two HCPs applied for and were jointly awarded a grant of \$45,000 to support a walking challenge in spring 2018.

The Walking Challenge in each community will have three components:

- *Community Component*

Community members will be challenged to walk more for an eight-week period in the spring 2018. A different theme is proposed for each week. Walking will be encouraged both as a means of physical activity/leisure, and transportation. Participants will track their steps each week. The walking challenge will overlap with walking events in both cities (e.g. Jane's Walk, Walk with Your Doc, Move for Health Day). The eight-week duration will allow for possible longer-term behaviour change as research indicates that new behaviours take approximately one month to become habits. As part of the challenge, participants will be encouraged to map and photograph favourite walking routes. This information could be used to inform the City's initiative to develop walking maps aimed at engaging and supporting citizens in the pursuit of healthier, more active lifestyles.

- *Schools Component*

The schools component will be an eight-week school-based walking challenge and mapping exercise. Resources to increase teacher capacity to link the challenge to various areas of the curriculum will be developed jointly by School Districts 40 and 41. The schools component will coincide with the community challenge.

- *Walking Festival (wrap-up event)*

The festival will be a celebration of the walking challenge and a kick-off for sustained walking in both cities. Participants will be able to present their walking maps, hear featured speakers, learn about resources to support healthier lifestyles and connect with other community members interested in forming new walking groups.

The Active Communities grant will be used to support the development of educational and promotional materials for both the school and community components of the walking challenge and for resources and supplies for the Walking Festival (the communications strategy noted above will assist with these activities). A portion of the funds will be used to retain supporting resources to assist staff.

The timing of the walking challenge will coincide with the work being done to update Burnaby's Transportation Plan. The goals of the walking challenge align well with the draft themes guiding the Plan Update⁴. As such, opportunities may arise for both initiatives to share education and awareness messaging around the benefits of active transportation.

⁴The draft themes of the Burnaby Transportation Plan Update include Accessible – Access and Choice; Safe – Safe and Secure Mobility; Healthy – Active People in Livable Communities; Green – a Protected and Enhanced Environment; and Prosperous – a Thriving Sustainable Economy.

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4.2 Five Year Strategic Action Plan

In 2014, the HCP developed the following vision:

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 well-being.

To work towards this vision and set directions over the next five years, the HCP Steering Committee will engage in a strategic action planning exercise in the early fall 2017. The strategic action plan will facilitate the work of the HCP and will support any grant applications the HCP pursues to achieve its goals.

5.0 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 community and school-based walking challenge in the spring of 2018.

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. Aamir Bharmal, Medical Health Officer for Burnaby, Ms. Sheila Finamore, Executive Director, Burnaby Health Services, Ms. Baljinder Narang, School Trustee, Burnaby Board of Education, and Dr. Davidicus Wong, Burnaby Division of Family Practice.


Lou Pelletier, Director
PLANNING AND BUILDING

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