

SUSTAINABLE CITY ADVISORY COMMITTEE

*HIS WORSHIP, THE MAYOR
AND COUNCILLORS*

**SUBJECT: UPDATE ON THE BURNABY HEALTHIER COMMUNITY
PARTNERSHIP FOR 2017-2018**

RECOMMENDATIONS:

1. THAT Council receive this report for information.
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, Vice-Chair, Burnaby Board of Education, and Ms. Georgia Bekiou, Executive Director, Burnaby Division of Family Practice.

REPORT

The Sustainable City Advisory Committee, at its meeting held on 2018 September 05, received and adopted the attached report providing an update on the Burnaby Healthier Community Partnership for 2017-2018 and providing information on areas of focus for the 2018-2019 year ahead.

Respectfully submitted,

Councillor S. Dhaliwal
Chair

Copy: City Manager Director Planning and Building Director Engineering Director Finance Director Parks, Recreation and Cultural Services Chief Librarian

TO: CHAIR AND MEMBERS
SUSTAINABLE CITY ADVISORY COMMITTEE

DATE: 2018 August 23

FROM: DIRECTOR PLANNING AND BUILDING

FILE: 1750 20

SUBJECT: UPDATE ON THE BURNABY HEALTHIER COMMUNITY
PARTNERSHIP FOR 2017-18

PURPOSE: To provide an update on the initiatives of the Burnaby Healthier Community Partnership for 2017-18.

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, Vice-Chair, Burnaby Board of Education, and Ms. Georgia Bekiou, Executive Director, 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 from 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 establishing HCPs with municipalities within its service area. It initially approached the City of Burnaby in 2011 June to request the creation 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 Strategy's 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 2014. In 2016, the Terms of Reference were amended to include the Burnaby Division of Family Practice.

Through the HCP, member organizations have strengthened formal and informal working relationships and have collaborated on the following initiatives to promote physical and mental well-being in our community:

- ***Provincial Select Standing Committee on Children and Youth 2014 and 2015*** - The HCP prepared two submissions to the Standing Committee on youth mental health that included recommendations for improving early intervention and preventative services for children and youth in Burnaby.
- ***Moments to Milestones half-day forum at Byrne Creek Secondary May 2015*** – The HCP hosted a forum on youth mental health awareness and stigma reduction. The forum focused on the importance of empathy in interacting with youth who may be experiencing mental illness and was geared to frontline service providers.
- ***Local Action Team (LAT) - Child and Youth Mental Health and Substance Use Collaborative*** – The HCP requested the Burnaby Division of Family Practice to establish a Local Action Team of the Provincially-sponsored collaborative. The LAT, launched in November 2015, was comprised of 26 community service providers who worked to develop strategies to increase the number of children, youth, and families receiving timely access to integrated mental health and substance use services and supports.
- ***Physical Literacy and Fundamental Movement Series*** - HCP members collaborated to offer professional development presentations on physical literacy and fundamental movement for teachers and recreation leaders in 2015.
- ***Mobility Access Planning (MAP) Project at Stoney Creek Community School November 2015*** – HCP members participated in the organization of the MAP project which involved grade 4 students, older residents and members of the Burnaby Access Advisory Committee assessing walking routes in the Stoney Creek neighbourhood. Participants also learned about the linkages between health, active transportation and the built environment.

- **Dialogue to Action – Working Together to Enhance Physical Literacy and Mental Health – Community Workshop October 2015** – The HCP hosted a workshop attended by 50 community service providers aimed at facilitating collective action to promote the linkages between mental health and physical activity.
- **Dementia-Friendly Community Action Plan** - Over 2016-17, HCP members supported the development of the community action plan that focuses on stigma reduction and the inclusion of people living with dementia in our community. Initiatives in the plan include education, awareness and training; inclusive social and recreational programming; and awareness and inclusion of age- and dementia-friendly features in the built environment.
- **Move for Health Day** – In May 2017, the HCP worked together to host a student-focused Wellness Fair at Moscrop Secondary and a community wellness fair at Confederation Centre for 55+. Move for Health Day concluded with a **Talk and Walk with Your Doc** at the track in Confederation Park.
- **Overdose Crisis** - Since the Province declared overdoses a public health emergency in April 2016, the HCP has shared information on the crisis in Burnaby and supported Fraser Health’s public awareness campaign and multi-pronged response.

The activities of the HCP in 2017-2018 and its plan for the year ahead are presented below.

3.0 BURNABY HCP 2017-18

The HCP Steering Committee is responsible for the overall direction and activities of the HCP. The co-chairs of the committee are City Councillor Pietro Calendino and Burnaby Board of Education Vice-Chair, Baljinder Narang. Other committee members include Fraser Health’s Medical Health Officer for Burnaby, Dr. Aamir Bharmal and the Executive Director for Burnaby Health Services and Burnaby Hospital, Sheila Finamore; Doctors Davidicus Wong and Baldev Sanghera from the Burnaby Division of Family Practice; and support staff from each organization. The Steering Committee met eight times between September 2017 and August 2018 while ad hoc committees of the Partnership met on an as needed basis to plan and implement activities throughout the year.

Over the last year the HCP focused on the following initiatives and activities:

3.1 Strategic Planning

In September 2017, the Burnaby HCP initiated a planning process to develop a five-year strategic plan. After working together for over four years and learning about the interests and capacities of the member organizations, partnership members felt it was appropriate to develop their five-year plan to guide the work of the HCP. Overall, the plan creates direction for the four organizations to work collectively to promote health and healthy communities for all who live,

work, learn and play in Burnaby. The process included a review of the HCP's vision and the development of a mission statement and values.

The Burnaby HCP's vision is now:

Burnaby: where the healthy choice is the easy choice.

The two core goals and strategies of the HCP's strategic plan are to:

Goal One: *Create and promote a collective vision of health and healthy communities which expands individual mandates of organizations to a shared societal responsibility by 1) defining a clear definition of health and healthy communities and 2) mobilizing internal stakeholder groups to take an active role in actively influencing a healthier community.*

Goal Two: *Collectively champion the creation of supportive environments to enable healthy communities by 1) mobilizing broader external stakeholder groups across all levels of the community (the Public, Non-Government Organizations, Business, Partners and Community Leaders) to take an active role in supporting a healthier community and 2) building (leveraging) what already exists at the HCP Table in terms of partnership, relationships and resources.*

The HCP's updated vision, mission, values and strategic plan are presented in **Appendix 1**.

Since the strategic planning process was completed in February, the HCP have been working to implement a twelve month action plan, as detailed in **Appendix 1**.

3.2 Walk30 Burnaby-New West Walking Challenge

In May 2017, the Burnaby and New Westminster HCPs submitted a joint application to Fraser Health's Active Communities program to support a walking challenge in the spring of 2018. The guidelines for the grant noted that communities that worked together to promote community health would be eligible for larger grants. As such, the Burnaby and New Westminster HCPs submitted a joint application and were awarded a grant of \$45,000 to support and build upon successful walking initiatives in both cities¹. Both cities recognize active transportation, including walking, as an affordable, healthy and environmentally-friendly means of getting around. The HCPs partnered with the Walkers Caucus, a small community-based group in New Westminster that aims to promote walking culture across the region, to host the challenge. The Challenge also received financial and in-kind support from Insurance Corporation of BC and TransLink.

Planning for the five-week walking challenge began in October 2018 with the actual challenge taking place from April 09 to May 11. The challenge included both a community and school

¹ Burnaby and New Westminster were the only two cities in Fraser Health to collaborate on a joint application.

component that encouraged community members and participating school classes to track their steps through an online platform. The challenge coincided with walking events in both cities (e.g. Jane's Walk, Walk with Your Doc, Move for Health Day) as well as the work being done to update Burnaby's Transportation Plan.

Throughout the challenge participants were encouraged to walk for 30 minutes a day, not only for physical and mental well-being but as a means of transportation to activities of daily life (e.g. work, shopping, and school). Participants could participate as individuals or in teams and a friendly competition was set between the two cities to see which city would have the most participants per capita. The five-week duration of the challenge was intentionally set to encourage longer-term behaviour change since research indicates that a new behaviour take over a month to become a habit.

The Walking Challenge included a media launch on April 04 attended by City Council members from both cities, HCP members, including the Medical Health Officer for Burnaby and New Westminster, and doctors from the Divisions of Family Practice in Burnaby and New Westminster. The Challenge concluded with a wrap-up Walking Festival on Saturday May 12 at the Edmonds Community Centre. The Festival included the awarding of the inaugural Walk30 Burnaby New West Cup to New Westminster which had a *slightly* higher level participation per capita than Burnaby (1.2% of the population in New Westminster versus 1% of the population in Burnaby).

Overall statistics for the challenge include the following:

Total registrations = 761 (this number includes individuals and teams)
Total participants = 3,300 (approximate)

Burnaby residents or participating on Burnaby teams = 288
Burnaby classrooms = 105 (x 20 students = 2,100 students)

New Westminster residents or participating on New Westminster teams = 314
New Westminster classrooms = 29 (x 20 students per class = 580 students)

Total minutes walked = 664,806
Average of 27 minutes a day walking for registered participants

Both the Burnaby and New Westminster HCPs felt the Walking Challenge was successful for a first time event and were especially pleased with participation by school children in both districts. The walking challenge was seen as a fun and easy way for the community to engage in an activity that encourages physical and mental well-being, social connections and active transportation.

In a post challenge survey,

- 83% of survey respondents said they would continue to walk more often after the challenge ended;
- 63% said improved mental health helped them to continue walking for the duration of the challenge; and
- 74% of respondents said they would participate in a walking challenge next year.

Based on the results of the first challenge, both HCPs have indicated that they would be interested in organizing a walking challenge next year, as discussed further in section 4.2 below.

3.3 Support for the Burnaby Primary Care Networks Initiative

The HCP has supported the work of the Burnaby Division of Family Practice and the Fraser Health – Health Services in their work to develop a model for community-based primary care networks (PCNs). Burnaby will be among the first five communities in BC to establish a PCN model of care for the community. The aim of PCNs is for family physicians to work with other health and social service providers (e.g. nurse practitioners, social workers, physiotherapists, community service providers) to deliver integrated team-based primary care. To develop a model for Burnaby, the Division of Family Practice and Fraser Health partnered with the HCP to engage Burnaby community service providers in two city-wide and two neighbourhood-specific workshops in late May and mid-July to help develop the model. The service plan for the Burnaby model will be submitted to the Province.

3.4 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:

Opioid Overdose Emergency

In April 2016, the Provincial Health Officer declared an opioid overdose public health emergency. Since then, the HCP has received regular updates on the crisis and response. In the Fraser Health region, 70 percent of overdose deaths have occurred in private residences and 85 percent of deaths are among men.

Fraser Health has shared information on its public awareness campaign and response including the establishment of a Community Action Team (CAT) led by the Medical Health Officer for Burnaby and Burnaby Family Life. The CAT has applied for Provincial funding to develop a Burnaby-specific action-oriented strategy to respond to the overdose crisis. A broad base of community service providers and City staff (Social Planning, Parks, Recreation and Cultural Services and Fire) are represented on the CAT. In addition to the CAT, the Burnaby Task Force on Homelessness has received a grant from the Canadian Institute for Substance Use Research to

facilitate four community dialogues (one in each quadrant) on the overdose crisis. The purpose of the dialogues is to reduce stigma and engage communities in thinking differently about people who use drugs. The intended outcome of the dialogues will be increased safety for people who use drugs as well as increased community understanding and support. The HCP will help promote the dialogues and support the work of the CAT as its gets underway.

Other Initiatives

In addition to the initiatives above, the HCP has supported and helped to promote activities such as the Empowering Patient series, implementation of the Burnaby Dementia-Friendly Community Action Plan and Move for Health Day.

4.0 THE YEAR AHEAD 2018-19

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

4.1 Implementation of the HCP Strategic Plan

Over the coming year, the HCP will continue to implement its Strategic Plan. It will focus on its goal of working with external stakeholder groups (e.g. the Public, Non-Government Organizations, Business, Partners and Community Leaders) to champion the creation of supportive environments to enable healthy communities. This work will include examining current health data (e.g. the Burnaby My Health My Community profile) around vulnerabilities in our population's health, and appropriate stakeholders to engage in health promotion. In relation to this goal, the HCP will continue to support the work the Division of Family Practice and Fraser Health in developing primary care networks for Burnaby.

4.2 Walking Challenge

Given the success of the 2018 Walking Challenge, the HCP will explore working with the community to host another Walk30 Burnaby New West walking challenge. To support this work, the Burnaby and New Westminster HCPs have submitted a joint grant application to PlanH (BC Healthy Communities Society). The walking challenge supports the HCP's goal to work with external stakeholders to create supportive environments to enable healthier communities. It is seen as a practical way to engage the general population in healthy activity while fostering behavioural changes towards people using active transportation to get around. The five-week duration of the walking challenge provides an opportunity for public education and promotion of the benefits of active transportation. The walking challenge also aligns well with the health theme of Burnaby's Transportation Plan Update. As noted in Phase 1 of the update, active transportation can benefit the health of the community as a whole by reducing health care costs as people are more physically fit; fostering social connections; reducing environmental impacts (emissions and traffic congestion); and encouraging local economic development as people who are walking or cycling are more likely to stop into shops and services along their travel route.

To: Sustainable City Advisory Committee
From: Director Planning and Building
Re: Update on the Burnaby Healthier Community Partnership for 2017-18
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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 well-being in the community through its Healthier Community Partnership. In the year ahead, the Burnaby HCP will continue efforts to create a supportive environment to enable healthier communities. This work will include ongoing collaboration with the Division of Family Practice and Fraser Health to develop primary care networks in Burnaby and working with the community to host a second Walk30 Burnaby New West Walking Challenge.

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, Vice-Chair, Burnaby Board of Education, and Dr. Davidicus Wong, Burnaby Division of Family Practice.


Lou Pelletier, Director
PLANNING AND BUILDING

MM:sa

Attachment

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

Burnaby Healthier Community Partnership - Strategic Plan - January 2018

Our Vision:

Burnaby: where the healthy choice is the easy choice.

Our Mission:

Through a shared vision and collective action, the Healthier Community Partnership optimizes health and healthy communities for all who live, work, learn, and play in Burnaby.

Our Values:

- Equity
- Collaboration
- Innovative and Transformative Thinking
- Accountability
- Transparency
- Integrity
- Trust
- Respect

Burnaby Healthier Community Partnership - Strategic Plan - January 2018

Our Goals & Strategies:

Core Goals & Strategies

- Create and promote a collective vision of health and healthy communities which expands individual mandates of organizations to a shared societal responsibility.
 - Define a clear definition of health and healthy communities
 - Mobilize internal stakeholder groups to take an active role in actively influencing a healthier community.
- Collectively champion the creation of supportive environments to enable healthy communities.
 - Mobilize broader external stakeholder groups across all levels of the community (NGOs, Public, Business, Partners, Leaders) to take an active role in supporting a healthier community.
 - Build (leverage) what already exists at the HCP Table in terms of partnership, relationships, and resources.

12 Month Action Plan: January 2018
Burnaby Healthier Community Partnership

GOAL ONE

Create and promote a collective vision of health and healthy communities, which expands individual mandates of organizations to a shared societal responsibility.

<i>Strategy</i>	<i>Objective</i>	<i>Action Steps:</i>	<i>Who?</i>	<i>Due?</i>	<i>Reporting</i>
Articulate clear definitions of health and healthy communities.	<ul style="list-style-type: none"> Glossary is completed and shared. Shared language of health and healthy communities across the community 	<ul style="list-style-type: none"> Revisit Social Sustainability Strategy Review other related documents that impact the work of HCP table around definition of health & healthy communities Identify shared definition of health and healthy living (conversation) Identify and clarify common language as a foundation for moving forward Revisit existing HCP vision / mission and update as necessary Create a glossary of common terms and distribute 	<ul style="list-style-type: none"> HCP Table Schedule each of these points of discussion at regular HCP Steering Committee Meetings (5 per year) 	12/30/18	
Mobilize internal stakeholder groups to take an active role in supporting a healthier community.	<ul style="list-style-type: none"> Improved engagement at the HCP Table Internal Assessment i.e.: has their time been well spent? are they engaged? do they understand what they are being asked to do? # of orientations completed? # of new Members? Identification of gaps in membership 	<ul style="list-style-type: none"> Examine mandates of HCP member organizations Identify who else is needed at the HCP Table Define areas of interest and influence from an organizational and collective perspective 	Individuals to submit to Jovana documents outlining their organization's mandates	11/30/17	
			Jovana to compile HCP Members documents	01/01/18	
		<ul style="list-style-type: none"> Invite and recruit new members from within existing partner groups Orient new members to HCP guiding documents 	Aamir, Robin, & Ron	Ongoing	

12 Month Action Plan: January 2018
Burnaby Healthier Community Partnership

GOAL TWO

Collectively champion the creation of supportive environments to enable health communities.

<i>Strategy</i>	<i>Objective (Measure)</i>	<i>Tactics or Action Steps:</i>	<i>Who?</i>	<i>Completed?</i>	<i>Reporting</i>
Mobilize broader external stakeholder groups across all levels of the community (NGO, Public, Business, Partners, Leaders) to take an active role in support a healthier community.	<ul style="list-style-type: none"> # of New Champions who come on board 	<ul style="list-style-type: none"> For each initiative: Identify external partners Define areas of influence and interest for individuals, organizations, and the collective Identify which external partners to invite to participate based on area of focus Determine what mobilization strategy works for each new stakeholder based on situational and initiative needs 	<p>HCP Steering Committee (based on context / need)</p> <ul style="list-style-type: none"> work towards a Community Health Day in 2019 that is an expansion of the Move for Health Day initiative 		
Build (leverage) what already exists at the HCP Table	<ul style="list-style-type: none"> Use selected measures from Burnaby My Health My Community Profile to track ongoing improvements in health and healthy community outcomes Stretch goal: Burnaby rated as the MOST engaged community within 10 years. 	Review Burnaby My Health My Community Profile and pull out appropriate measures to use as benchmarks	HCP Table	01/2018	
		Share, support, and expand the Let's Talk about Health (Empowering Patients) piece of work that Dave is already working on	Individuals at the HCP Table	Ongoing	
		Improve collaboration and inter-connectedness within the HCP Members to find better ways to work together	Individuals at the HCP Table	Ongoing	
		Host discussion to explore structural changes that will support how HCP Member activities can be pulled together	Lead by Georgia	04/2018	
		Build on the Walking Challenge by integrating it into ongoing community activities and improving community walkability	Walking Challenge Work Group	Ongoing	
		Scale Action Plan to realize broader vision beyond the next 12 months	HCP Table	12/2018	
		Review Communication plan with eye to making it more usable (2019)	HCP Table / Work Group	2019	