

TO: CHAIR AND MEMBERS
SOCIAL PLANNING COMMITTEE

DATE: 2021 September 1

FROM: DIRECTOR PLANNING AND BUILDING

FILE: 1750 20
*Reference: Healthier Community
Partnership*

**SUBJECT: UPDATE ON THE BURNABY HEALTHIER COMMUNITY
PARTNERSHIP FOR 2019-2021**

PURPOSE: To provide an update on the initiatives of the Burnaby Healthier Community Partnership for 2019 to 2021.

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 Ms. Baljinder Narang; Dr. Aamir Bharmal, Medical Health Officer for Burnaby; Ms. Leanne Appleton, Executive Director, Burnaby Hospital and Burnaby Health Services, Fraser Health; Mr. Bill Brassington, School Trustee, Burnaby Board of Education; Ms. Georgia Bekiou, Executive Director, Burnaby Division of Family Practice; and Mr. Danison Buan, Burnaby Inter-Agency Council.

REPORT

1.0 INTRODUCTION

The Burnaby Healthier Community Partnership (HCP) is a partnership of the City of Burnaby, Burnaby School District 41, Fraser Health, the Burnaby Division of Family Practice and Burnaby Inter-Agency Council. 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 (see *Attachment #1*), this report provides an update on the activities of the HCP from 2019 to 2021.

2.0 POLICY SECTION

The activities and initiatives of the Burnaby HCP align directly with the vision, goals and strategic priorities of the *Burnaby Social Sustainability Strategy* (2011).

The activities and initiatives also align with the policy objectives of the *City's Equity Policy* (2020) *Mayor's Task Force on Community Housing Final Report* (2019), the *Corporate Strategic Plan*

(2017), the Environmental Sustainability Strategy (2016), the Economic Development Strategy (2007) and the *Official Community Plan* (1998).

3.0 HEALTHIER 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). The movement originates from the Ottawa Charter for Health Promotion created by the World Health Organization in 1986. The Charter recognizes that many non- medical factors influence health outcomes. These factors, often referred to as the social determinants of health¹ can influence health in many positive and negative ways. 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 community well-being.

Burnaby’s HCP was established in 2014, following the adoption of Burnaby’s Social Sustainability Strategy in 2011. Since its creation member organizations have strengthened formal and informal working relationships and have collaborated on a number of initiatives to promote physical and mental well-being in our community. This report provides an update of the activities of the HCP from late 2018 to present and identifies initiatives planned for the next two years.

4.0 BURNABY HCP 2019-2021

The HCP Steering Committee is responsible for the overall direction and activities of the HCP. The chair of the committee is Ms. Baljinder Narang. Other committee members include Councillor Pietro Calendino, Fraser Health’s Medical Health Officer for Burnaby, Dr. Aamir Bharmal and the Executive Director of Burnaby Hospital and Community Health Services, Ms. Leanne Appleton; Mr. Bill Brassington, School Trustee, Burnaby Board of Education; Doctors Davidicus Wong and Baldev Sanghera from the Burnaby Division of Family Practice; Mr. Danison Buan, representing the Burnaby Inter-Agency Council; and support staff from each organization. The Steering Committee generally meets five times a year while ad hoc committees of the Partnership meet on an as needed basis to plan and implement specific activities.

Over the period of late fall 2018 to present the HCP has focused on the following:

4.1 Strategic Plan Goals

In January 2018, the Burnaby HCP adopted a five-year strategic plan to guide the work of the HCP. The two core goals and strategies of the plan are to:

¹ The World Health Organization lists the following as examples of the social determinants of health: income and social protection; education; unemployment and job security; working life conditions; food insecurity; housing, basic amenities and the environment; early childhood development; social inclusion and non-discrimination; structural conflict; and access to affordable health services of decent quality.

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.

Inclusion of the Burnaby Inter-Agency Council

In line with these goals, the HCP broadened its membership to include representation of the Burnaby Inter-Agency Council. The Inter-Agency is a 40-year old non-partisan network of Burnaby-based community service providers. Its mandate is to enrich the well-being of the Burnaby community and act as a catalyst for coordination, cooperation and collaboration to improve the delivery of services. Given the importance of the social determinants of health in positive health outcomes, the inclusion of the Inter-Agency has increased community collaboration and the capacity of the HCP.

Collaboration and Information-sharing

The HCP has reviewed the strategic plans and mission statements of member organizations to identify alignment and areas for mutual support of health and well-being related initiatives and activities. This support includes information sharing and updates on responses to the ongoing opioid overdose emergency and the emergence of COVID-19. Collectively, member organizations have collaborated to address the immediate impacts of the pandemic, especially those that have disproportionately affected people in vulnerable situations.

Support for the Establishment of the Burnaby Primary Care Networks

The Burnaby HCP has actively supported the establishment of the Burnaby Primary Care Network (PCN). The PCN is a network of local primary care providers, Fraser Health and community service providers. Burnaby's PCN, established in the spring 2019, is unique among BC PCNs in its three-way partnership between the Division of Family Practice, Fraser Health and the Burnaby Inter-Agency Council. The three-way partnership creates the capacity to broaden responses for the health and well-being of Burnaby residents by inclusion of initiatives to address the social determinants of health (e.g. housing and food security, isolation and inclusion, and early childhood development, among others).

When the COVID-19 pandemic was declared, the PCN in collaboration with the Burnaby Inter-Agency established eight working groups to address the immediate needs of Burnaby residents including the following: food security, technology and digital access, isolated seniors at home,

social isolation, homelessness, children and families, youth, and persons with disabilities. The working groups continue to meet and work together to address emerging needs².

4.2 Burnaby-New West Walk30 Challenge

In May 2017, the Burnaby and New Westminster HCPs successfully submitted a joint application to Fraser Health's Active Communities program to support a 5-week walking challenge in the spring of 2018. Both cities recognize active transportation, including walking, as an affordable, healthy and environmentally-friendly means of getting around. It was also recognized that a walking challenge would be a fun and easy way for the community to engage in an activity that encourages social connections and mental well-being.

Based on the success of the 2018 challenge, the HCP worked with community partners to hold the challenge in 2019 and again in 2021. (The 2020 Walk30 Challenge planned for April-May of that year was cancelled due to the pandemic and concerns regarding compliance with health protocols).

For each year the Challenge has been held, participation has grown. In 2018 and 2019, a separate stream of the Challenge was directed to the Burnaby and New Westminster School Districts with a view to encouraging more children to walk to school and other destinations in their communities.

Each year participants are 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. The five-week duration of the challenge was intentionally set to encourage longer-term behaviour change since research indicates that a new behaviour takes over a month to become a habit.

In 2021, Challenge organizers closely followed Provincial health directives to offer a safe challenge during the COVID-19 pandemic. As noted by Dr. Bharmal, Medical Health Officer for Burnaby,

"The Walk30 Challenge is a great way to keep active and healthy during these difficult times. It's an opportunity to connect to others by joining a team on-line and exploring your neighborhood by walking outside with distancing."

In 2021, rather than a separate stream directed at School Districts, teachers were encouraged to have their classes join the main challenge. Despite this change, there continued to be good participation from both School Districts. As with previous years, the Mayors from both communities initiated a friendly challenge to see which community could log the most active walking minutes per capita. This year, a tie was declared between Burnaby and New Westminster

² For more information on the working groups visit <https://burnabypcn.ca/social-supports/>

with participants in both communities walking an average of 37 minutes per day. As a result, the Golden Shoe Trophy will be shared between both communities (see photo below).



New Westminster Mayor Jonathan Cote (left) and Burnaby Mayor Mike Hurley (right) celebrate the Walk30 Challenge

Post challenge survey results revealed that:

- 57% of respondents said they walked more during the Challenge;
- 60% said they would continue to walk more now that the Challenge has ended;
- 64% said that walking made them happier;
- 57% said the dedicated and accessible walking paths made it easier to walk in their neighbourhoods; and
- 93% said they would participate in the Challenge if it is offered next year.

Overall statistics for the challenge from 2018, 2019 and 2021 include the following:

	2018	2019	2021
Total registrations (includes teams and individuals)	761	899	1,891
Total minutes walked	664,806	1,000,000	1,960,000
Average minutes walked per day by participants	27	40	37

4.3 Social Connection and Resilience

The HCP's work is informed by health data. In particular, the Partnership has reviewed the results of the Vancouver Coastal Health/Fraser Health *My Health My Community* survey in 2014. The survey revealed that:

- 49% of Burnaby respondents reported a strong sense of belonging, lower than the regional average of 56%; and
- 40% of Burnaby respondents reported they have 4 or more people to confide in, compared to 45% across the region.

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In response, and given the risks associated with social isolation³, an ad hoc committee of the HCP has explored programs and funding sources to promote awareness and develop actions to create stronger social connections in the community. Unfortunately, the work of the ad hoc committee was suspended over the past year due to COVID-19 priorities of committee members. However, in light of the learnings from the pandemic, particularly about the disproportionate negative impacts of the pandemic on people in vulnerable situations, including those who are socially isolated, the HCP hopes to resume this work in the coming year. This work will include a focus on the impacts social isolation as they relate to climate change and initiatives to build community resilience.

5.0 THE YEARS AHEAD – 2021-2023

Over the next two years, the HCP will continue to implement the actions of its strategic plan. The HCP will invite representatives from existing community organizations and coalitions to HCP meetings to learn about community health and wellness initiatives and determine ways to support this work as individual member organizations of the HCP and collectively where appropriate. For example, support from the HCP could involve policy changes within individual organizations, re-allocation of existing resources and information-sharing. In relation to this goal, the HCP will continue to learn about and support the ongoing development of the Primary Care Network in Burnaby.

Walk 30 Walking Challenge

Given the growing success of the 2018, 2019 and 2021 Burnaby-New Westminster Walking Challenges, the HCP will aim to work with community organizations to host future challenges. The walking challenge supports the HCP's goal to create supportive environments to enable healthier communities. The walking challenge is a practical way to engage the general population in healthy activity while fostering behavioural changes towards people using active transportation. As research indicates, active transportation can benefit the health of the community as a whole by promoting physical health; fostering social connections; reducing environmental impacts (emissions and traffic congestion); and encouraging local economic development as pedestrians visit local shops and services along their travel routes.

Social Connections and Resilience

As noted above, once the immediate concerns of the pandemic subside, an ad hoc committee of the HCP will resume its work to explore programs and funding sources to promote awareness of the importance of social connections in building community resilience and that support related activities.

³ Health research has indicated that loneliness and social isolation can be as damaging to health as smoking 15 cigarettes a day.

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6.0 CONCLUSION

Over the last years, representatives from the City, Fraser Health, Burnaby School District, the Burnaby Division of Family Practice and the Burnaby Inter-Agency Council have worked together on initiatives to promote mental and physical well-being in the community through its Healthier Community Partnership. Over the next two years, the Burnaby HCP will continue efforts to create a supportive environment to enable healthier communities.

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 Ms. Baljinder Narang, Dr. Aamir Bharmal, Medical Health Officer for Burnaby, Ms. Leanne Appleton, Executive Director, Burnaby Health Services, Mr. Bill Brassington, School Trustee, Burnaby Board of Education, Ms. Georgia Bekiou, Executive Director, Burnaby Division of Family Practice, and Mr. Danison Buan, Burnaby Inter-Agency Council.



E.W. Kozak, Director
PLANNING AND BUILDING

MM:sa/sla
Attachment

Copied to:	Chief Administrative Officer	Director Finance
	Director Parks, Recreation and Cultural Services	Chief Librarian
	Director Public Safety and Community Services	City Clerk
	City Clerk	

Burnaby Healthier Community Partnership

Terms of Reference

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

Purpose of the Burnaby HCP

1. To understand and identify health issues that impact the well-being of all members of the Burnaby community.
2. To work collaboratively to support community-based initiatives that promote the health and well-being of all members of the Burnaby community.
3. To work collaboratively with existing Burnaby committees and regional organizations on healthy living initiatives consistent with Action #23 in the Burnaby Social Sustainability Strategy.¹
4. To report annually on the Partnership's progress and activities to Burnaby City Council, Fraser Health, the Burnaby Board of Education and the Burnaby Division of Family Practice.

¹ See Burnaby Social Sustainability Strategy at www.burnaby.ca/ssb

Steering Committee

A steering committee comprised of representatives from the City of Burnaby, Burnaby Board of Education, Fraser Health, the Burnaby Division of Family Practice and the Burnaby Inter Agency Council will oversee the work of the Burnaby Healthier Community Partnership.

Structure

Representatives from each organization will include those with decision-making authority and those with technical expertise within each organization.

Steering Committee members will select a Chair and this position will rotate among the partners every two years.

The Steering Committee will meet five times a year.

Ad hoc committees will be formed as needed to address specific projects or initiatives.

Role of the Steering Committee

1. To establish priorities on an annual basis.
2. To work collaboratively, and with existing Burnaby committees and agencies, on activities to advance these priorities.
3. To coordinate ad hoc committees as needed to advance these priorities.
4. To share information on shifting health priorities within Burnaby to inform our priorities.
5. To convey the health needs of the community to relevant stakeholders.
6. To identify funding opportunities to help address established priorities.
7. To identify the knowledge, skills and resources available within our organizations to address priorities.
8. To monitor progress, reassess actions and priorities, and report back to the partner organizations.

Revised January 2021