



Northern Healthy Communities Partnership 2015-2016 Annual Report



Message from the Co-Chairs

It is our pleasure to present the 2015-2016 Annual Report of the Northern Healthy Communities Partnership (NHCP). Over the past year, significant strides were made towards strengthening the partnership through several initiatives, including a strategic planning workshop during which NHCP mission, vision and values were reviewed. The 2015-16 Annual Report provides a summary of this past year's initiatives, successes and challenges. The Annual Report showcases the uniqueness of NHCP in terms of its multi-sectoral approach, cultural diversity, and shared accountability.

We are very pleased with this year's Annual Report highlighting the hard work of the NHCP co-ordinators, the Core Group, Action Team chairs/co-chairs, Action Team members and partner organizations. We appreciate their hard work throughout the year and their commitment to NHCP. We certainly hope that your ongoing support will foster our collaborative and integrated responses towards achieving our vision: *"healthy people, vibrant communities"* in northern Saskatchewan.

Yours sincerely,



James Irvine
Medical Health Office
Northern Saskatchewan Population Health Unit



Nnamdi Ndubuka
Medical Health Officer
Northern Inter-Tribal Health Authority

Table of Contents

Message from the Co-Chairs.....	1
The Northern Healthy Communities Partnership.....	4
NHCP Partners.....	4
Northern Healthy Communities Partnership Coordinators Report.....	5
Financial Tracking and Management.....	5
Partner Engagement.....	5
Communications Strategy.....	5
Program Planning and Evaluation.....	6
Population Health Promotion Capacity Development.....	6
Action Team Reports.....	7
Active Communities Team.....	7
Healthy Eating Team.....	8
Babies, Books and Bonding.....	9
Building Vibrant Youth.....	10
Northern Tobacco Strategy.....	11
Special Projects: HIV Awareness.....	11
2015-16 NHCP Financial Report.....	12



Northern Healthy Communities Partnership

Vision

Healthy people, vibrant communities.

Mission

Working collaboratively with communities to maximize their strengths and achieve wellness.

Values

Collective Impact – We recognize that we are stronger together and work to leverage our relationships for the greatest benefit of the people of northern Saskatchewan. We seek opportunities to reinforce and celebrate efforts of each partner, through both collective and independent endeavours.

Engagement – We are true partners, sharing ownership of and actively contributing to joint initiatives. We invest in the individual, community and organizational relationships that are critical to successful partnership. We practice open, honest and frequent communication.

Respect – We demonstrate through our interactions the value we see in every person and partner, their unique gifts and roles. We seek to create an environment that enables and encourages participation from members. We make time to honour the history, culture and traditions of our communities and partners.

Accountability – We are accountable to each other, taking responsibility for our actions and decisions, and meeting our commitments. We are accountable to our partner organizations, representing their interests openly and promoting the work of the group with our colleagues.

People-centred – We pursue initiatives that are respectful of and responsive to the needs of the people we serve, with a focus on building wellbeing, equity and resilience. We seek perspectives from northern Saskatchewan communities and welcome the participation of community members in the partnership.

Health promotion – We aim to influence the conditions which are the source of health for people and populations, empowering individuals and communities to improve their health. We understand health in a wholistic way, encompassing physical, mental, emotional, social and spiritual dimensions.

Building healthier communities together.

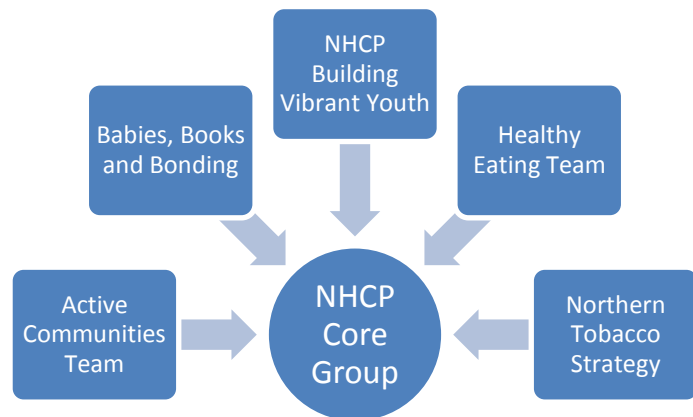


The Northern Healthy Communities Partnership

Working to change health outcomes in northern Saskatchewan requires the coordinated efforts of many people. Through the Northern Healthy Communities Partnership (NHCP), organizations become part of a network that's working proactively to improve the health of northern Saskatchewan residents. As part of NHCP teams, professionals from across northern Saskatchewan and the province develop connections, motivation, and specialized tools to help them be more effective in their everyday work. NHCP partner organizations are able to have a greater impact on the populations they serve through collaborative, collective efforts, achieving healthier communities together.

The Core Group of the NHCP is composed of leaders and managers from NHCP partner organizations. The Core Group meets quarterly to identify population health promotion priorities for northern Saskatchewan, to provide guidance and strategic direction to the partnership and to support the work of NHCP. This includes reviewing and approving the workplans, budgets and reports from each of the Action Teams.

The five Action Teams of the NHCP focus their work in the areas of: promoting and enabling active living to maximize health for all ages and abilities; supporting early literacy to improve lifelong mental wellbeing; building resilient young people to reduce substance abuse and risk taking; fostering nutrition through healthy food environments, and; reducing commercial tobacco use while respecting the region's rich traditions. The Action Teams include representatives from NHCP partner organizations who are responsible for actively participating in the work of the Action Team and for leading the implementation of Action Team projects within their organizations and communities.



NHCP Partners

Athabasca Health Authority
 Creighton School Division #111
 Ile a la Crosse School Division #112
 Keewatin Yatthé Health Region
 Kelsey Trail Health Region
 KidsFirst North
 Lac La Ronge Indian Band
 Mamawetan Churchill River Health Region
 Meadow Lake Tribal Council
 Ministry of Justice
 Northern Human Services Partnership
 Northern Inter-Tribal Health Authority

Northern Lights School Division #113
 Northern Saskatchewan Population Health Unit
 Northern Sport, Culture & Recreation District
 Northern Teacher Education Program
 Peter Ballantyne Cree Nation
 Prince Albert Grand Council
 Saskatchewan Cancer Agency
 Saskatchewan Heart and Stroke Foundation
 Saskatchewan Prevention Institute

* Some agencies may have been inadvertently missed



Northern Healthy Communities Partnership Coordinators Report

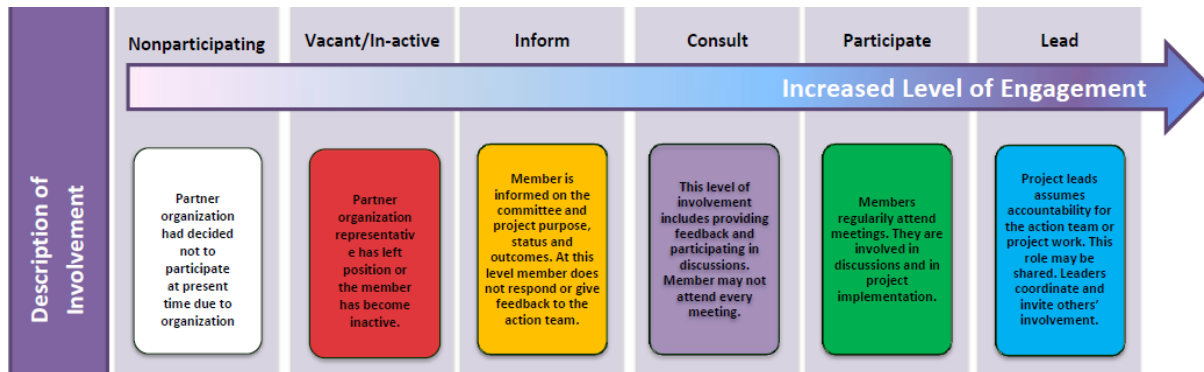
NHCP Co-coordinators: Amanda Frain, Northern Saskatchewan Population Health Unit; Linda Gilmour Kessler, Northern Inter-Tribal Health Authority

Financial Tracking and Management

The additional funding partners engaged in 2014-15 enabled new large-scale projects for the partnership. The new funding sources brought with them new reporting requirements, which highlighted the need for more advanced tracking of project expenses. In 2015-16, time was invested by the NHCP Coordinators to develop a financial tracking system which is able to track the budgets and expenses of NHCP by funding source, Action Team, and workplan objective, all in one place. This financial tracking system has enabled more timely and precise financial reporting to the Core Group and funding partners, while reducing the total time spent on reporting and will continue to be used in years to come.

Partner Engagement

Work to better understand and improve the capacity of NHCP Action Teams lead to the development of a system for assessing, tracking and supporting partner engagement. Guidelines for [NHCP Partner Engagement Tracking and Follow-up](#) were approved by the Core Group in September 2015. For the 2015-16 year it was determined that partner engagement work would focus on health authority, tribal council, early childhood and recreation partners. An improvement in partner engagement was seen, with the percentage of partners engaged at “participate” or “lead” increasing from 48% in April 2015 to 53% in March 2016, though falling short of the 70% target.



Communications Strategy

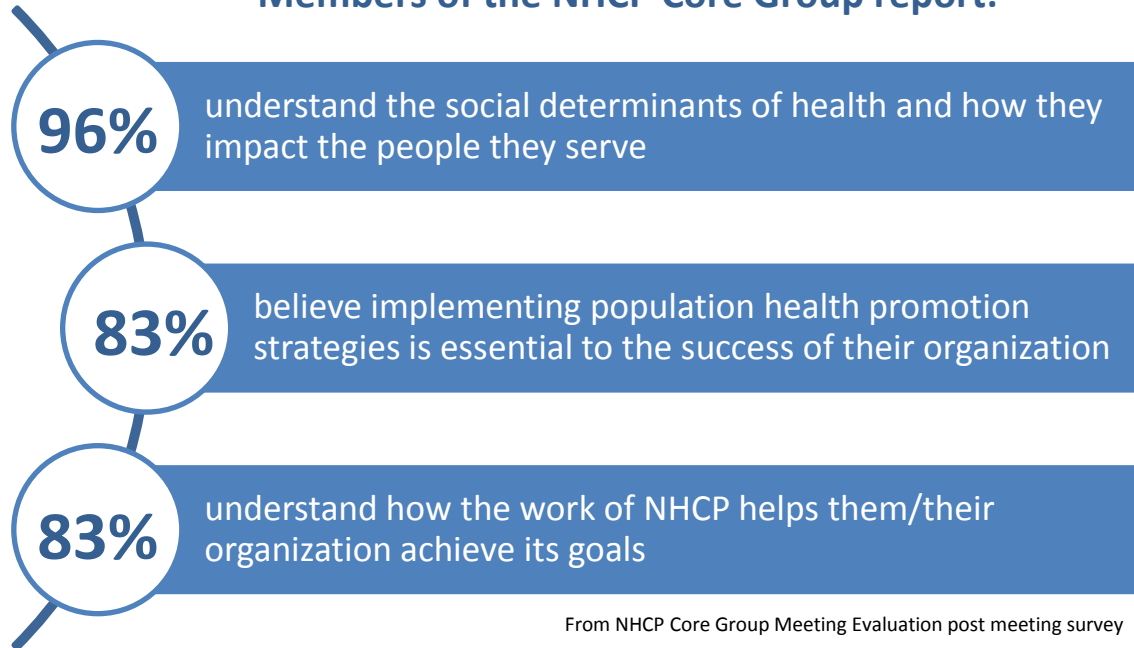
In 2015-16 the NHCP Coordinators, with the support of the Director of Communications from the Mamawetan Churchill River Health Region, began work on a comprehensive communication strategy for NHCP. Key milestones reached in the development of the communication strategy include completing a SWOT analysis of NHCP’s current communications, defining the goals and objectives of the communication strategy, and identifying and prioritizing the partnership’s target audiences. Positioning statements and key messages for the partnership, based on a brand development project, were approved by the Core Group at its fourth quarter meeting.



Program Planning and Evaluation

Evaluation of population health promotion initiatives, including NHCP projects, is a challenging endeavour. NHCP projects and initiatives are selected based on best practice and published evidence and include progress and evaluation metrics. Recommended practices include planning evaluation at the outset of new projects along with other project planning steps. The NHCP co-coordinators worked to strengthen the evaluation efforts of NHCP by standardizing the workplan to include output and outcome indicators and planning and conducting an evaluation of the in-person NHCP Core Group meeting.

Members of the NHCP Core Group report:



From NHCP Core Group Meeting Evaluation post meeting survey

Population Health Promotion Capacity Development

Population health promotion is the approach to improving the health of groups of people by influencing the conditions in which they live, learn, work and play. Despite its critical importance, population health promotion is often misunderstood. Given the approach's foundational role in NHCP, 2015-16 included initial efforts to build capacity in population health promotion in northern Saskatchewan. In presentations about NHCP the work of the NHCP Action Teams was explicitly linked to health outcomes, illustrating the population health promotion approach to influencing health through living conditions. As well, a short survey was developed to assess the understanding and value of population health promotion among Core Group members at the September in-person meeting. In February members of the Northern Tobacco Strategy and the Core Group gathered in Prince Albert to participate as a satellite site in the North West Health Equity Forum, hosted by the National Collaborating Centre for the Determinants of Health in collaboration with the National Collaborating Centre for Aboriginal Health. Through video conference technology and with the support of an on-site facilitator, NHCP members had the opportunity to learn about and apply the population health promotion-related concepts of collective impact and health equity to the Action Team's work to reduce commercial tobacco use.

Action Team Reports

Active Communities Team

Chairs: Amanda Frain, Northern Saskatchewan Population Health Unit; Linda Gilmour Kessler, Northern Inter-Tribal Health Authority

In 2015-16, the Active Communities Team focused on developing and strengthening the team and assessing physical activity-related needs among northern Saskatchewan organizations. The Active Communities Team envisions a northern Saskatchewan where all environments encourage and support the integration of physical activity into the daily lives of community members of all ages and abilities. To achieve this vision, ACT works to mobilize and support northern



Saskatchewan organizations and leaders to create environments which foster physical activity. The responses to ACT's Organizational Physical Activity Survey were used by the team to select projects which would be of value to northern organizations and leaders. The first project selected, work on which is ongoing, is in the area of workplace physical activity.

Spotlight: Organizational Physical Activity Survey Results

Most desired physical activity initiatives:

- Policy and organizational support for physical activity in the workplace
- Promotion of physical activity in the workplace, school and community
- Increase availability of facilities and equipment for physical activity in the community

Most desired supports for physical activity initiatives:

- Stronger relationships with other organizations
- Time and staff dedicated to physical activity
- Ideas, background and advocacy for physical activity

Top suggestions for how the NHCP Active Communities Team could support physical activity in northern Saskatchewan:

- Build capacity, including training, leadership development and conferences
- Promote physical activity and celebrate active lifestyles
- Serve as a liaison between existing resources and initiatives

Healthy Eating Team

Chair: Audrey Boyer, Northern Saskatchewan Population Health Unit

The Healthy Eating Team (HET) has evolved with various team members coming, going and some coming back. This year, the ongoing energy of the HET resulted in projects that focused on perinatal and school health.

The HET worked with multiple disciplines and focused some of its perinatal project work on oral health development. The concept of offering an infant an open cup at 6 months of age is quite new to Canada; the HET created a poster and pamphlet to accompany a size-appropriate open cup to start sharing this message. The *Northern Gardening Manual* was reordered as it continues to be popular with community members and groups, as well as the infant feeding and dental postcard-size cards.



The School Nutrition Mentorship Project (SNMP) continues to be very successful. The SNMP continues to be funded through the Saskatchewan Cancer Agency and an in-kind Nutrition Mentor from the Northern Lights School Division. The Nutrition Mentor and a Healthy Eating Team member have now visited and supported 15 schools over the past three years. In October 2015, nutrition workers, principals and other staff from 8 schools came to La Ronge for some hands-on training in school nutrition. The SNMP is a program based on mutual respect and understanding of the various issues northern schools are faced with. Schools

are very creative in their approaches to offering healthy foods to students and these strengths are built upon with the SNMP. Recipes are demonstrated in each school with the person(s) involved with the nutrition program. A major factor influencing the success of the SNMP is the relationships that are built. Consistent follow up with all schools helps to build open relationships and the goals of the program are reinforced.

Spotlight: Sharing Learning through the School Nutrition Mentorship Project

The School Nutrition Mentorship Project was accepted as a presentation at the first-ever national school food conference, *Changing the Menu*, held in Montreal in November 2015. Healthy Eating Team Chair Audrey Boyer and Nutrition Mentor Darlene Kuley shared their experiences working to improve the food environments in northern Saskatchewan schools through the School Nutrition Mentorship Project. Included in the presentation were challenges faced, key lessons learned and the many successes achieved through the project.

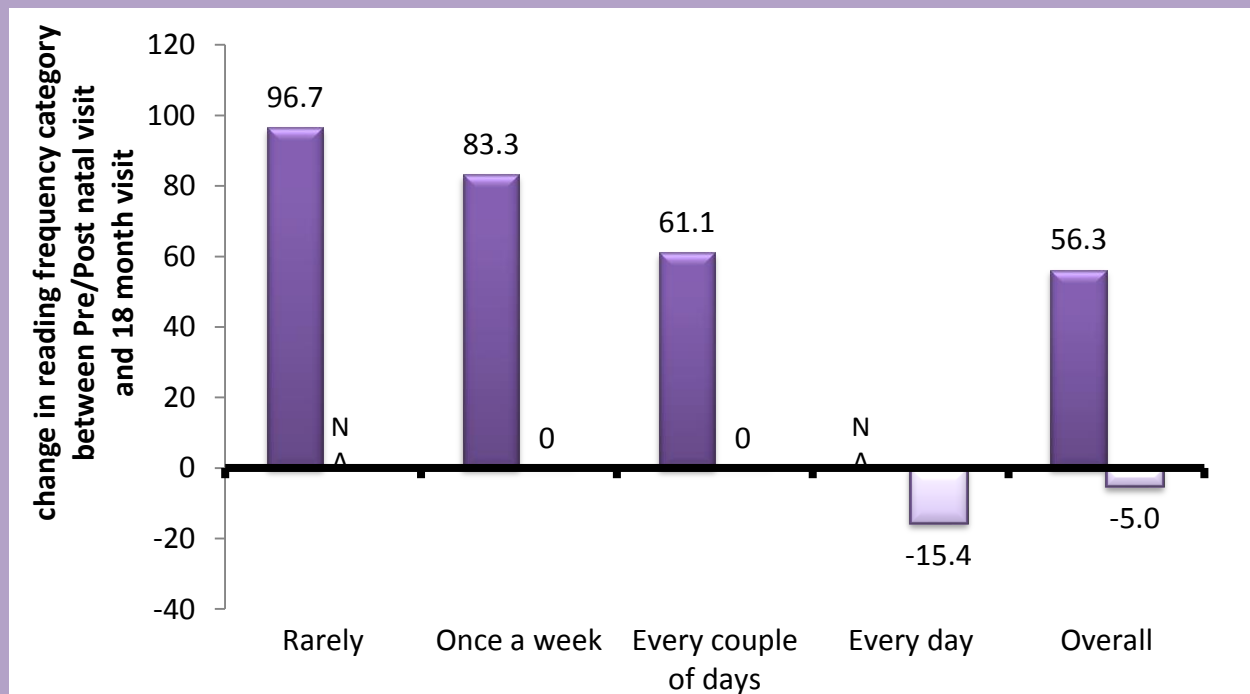


Babies, Books and Bonding

Chair: Jacqui Lim, Mamawetan Churchill River Health Region

The Babies, Books and Bonding program continues to provide age-appropriate books to children in on- and off-reserve communities across northern Saskatchewan at child health clinic visits. In 2015-16, more than 2700 books were given of the following ages: newborn, 6 months, 12 months, 18 months and 4 years. At their 4-year-old immunizations, the children also receive a fun-filled workbook of activities that they can do with their parents. The activities focus on developing the children’s oral language skills, an important foundational skill to literacy, and continue to encourage strong interactions between children and parents.

Spotlight: Evaluation Results for Babies, Books and Bonding



Source: PHU, Prepared by PHU May 2016 (n = 80)

Evaluation data for the Babies, Books and Bonding program is gathered from families by the nurses who distribute the children’s books at child health clinics. The Nurse Epidemiologist with the Northern Saskatchewan Population Health Unit analyzed the data collected between July 2012 and April 2016 to get an idea of the impact of the Babies, Books and Bonding program on reading behaviour in the homes of participating children. The above graph indicates that of those parents who reported reading to their baby rarely at their pre/post natal clinic visit, 96.7% reported an increased reading frequency at their child’s 18 month clinic visit. Of those who reported reading to their baby once a week and every couple of days at their pre/post natal clinic visit, 83.3% and 61.1%, respectively, reported more frequent reading by at their child’s 18 month clinic visit. Of all of the parents who reported how often they read to their babies at the pre/post natal and 18 month clinic visits, 56.3% reported reading more frequently at the 18 month visit while only 5% reported reading less often.



Two members of the Babies, Books and Bonding team attended a family literacy workshop in September 2015 to learn how the team can continue to integrate family literacy principles into the program. The Babies, Books and Bonding team also continued to pursue the publication of its northern book. Project leads Jacqui Lim, Calyn Stange and Amanda Frain sought special funding for the project and were able to obtain quotes for illustrating, designing and printing the book. Translation of the story from English into Michif, Cree and Dene was initiated. The team remains committed to publishing this unique children's story of a northern Saskatchewan family as they gather and prepare food for a family meal.

Building Vibrant Youth

Chair: Amanda Frain, Northern Saskatchewan Population Health Unit



Following the completion of the Northern Youth Role Model Project in March of 2016, the Building Vibrant Youth Action Team took a step back to reflect on the project and invest in the team. The team worked together to define its vision for northern Saskatchewan youth, in which they are empowered and supported to be holistically balanced, taking pride in and driving the future of their communities. To that end, the Building Vibrant Youth Action Team employs and promotes a positive youth development approach, empowering communities to respectfully engage, mentor and

build relationships with all youth and to create a healthy environment where the dreams and gifts of all youth are realized.

The Building Vibrant Youth Action Team published Northern Youth Role Model Project Report in June 2015 to document the successes, challenges and lessons learned as part of the project. The team also developed a Positive Youth Development Language Framework to better define the approach and its core principles for use in northern Saskatchewan. To cap off the year, the Building Vibrant Youth team began a video production project, which will build on the Northern Youth Role Model Project and the Positive Youth Development Language Framework. The series of short videos will share information about and showcase examples of positive youth development in northern Saskatchewan.

Northern Tobacco Strategy

Co-chairs: Justina Ndubuka, Northern Inter-Tribal Health Authority; Amanda Frain, Northern Saskatchewan Population Health Unit

In 2015-16 Northern Tobacco Strategy conducted a review of its maternal module, gathering feedback from Northern Tobacco Strategy members who had taught the module in northern Saskatchewan communities and health care providers working with pregnant and new mothers who had received the training. Equipped with this knowledge, the Northern Tobacco Strategy co-chairs began a comprehensive revision of the maternal module and the development of an introductory presentation on tobacco reduction.

The Northern Tobacco Strategy team also defined the goals for a social marketing strategy to reduce commercial tobacco use among northern Saskatchewan youth. Recognizing the limitations of their expertise in social marketing, the team engaged a social marketing firm to work with them to develop an expert strategy to reduce commercial tobacco use among youth in the region. Working with the firm has also allowed the team to learn about and build its capacity in social marketing.

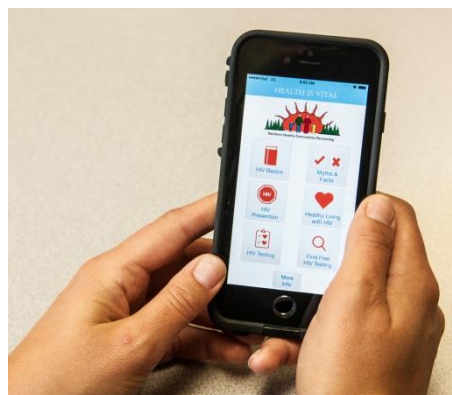
Special Projects: HIV Awareness

Project Leads: Shirley Nelson, Dr. Moliehi Khaketla, Amanda Frain, Dr. Kesiena Akpoigbe, Northern Saskatchewan Population Health Unit; Linda Gilmour Kessler, Ivan Serunkuma, Northern Inter-Tribal Health Authority; Elaine Kaloustian, Mamawetan Churchill River Health Region



NHCP, in collaboration with the northern HIV Strategy, launched the Northern Saskatchewan HIV Awareness Initiative in September 2015. The initiative aimed to raise awareness about HIV in northern Saskatchewan, in particular to increase knowledge about, encourage testing for, and reduce stigma and discrimination related to HIV and AIDS.

As part of the HIV Awareness Initiative, the mobile phone application “Health is Vital” was developed. The application includes basic information about HIV as well as information about HIV prevention, HIV testing and living well with HIV. A map feature included in the app allows users to find clinics in northern Saskatchewan and throughout the province that offer testing for HIV.



2015-16 NHCP Financial Report

In 2015-16 NHCP received funding from the Saskatchewan Cancer Agency (SCA) as well as its core funding. The Healthy Eating Team continued to experience great success with its School Nutrition Mentorship Program. Funding from the SCA was reallocated from the Active Communities Team to the HET to support this project in accordance with the guidance provided by the SCA with respect to the use of their funding for NHCP. The budgeted external funding was for Babies, Books and Bonding, to support the ongoing early literacy program and the northern book project. Some external funding was raised for the ongoing program in 2015-16, but was not received until after the fiscal year end. Expenses for the northern book project were dependent on receipt of external funding and so were not incurred.

Revenue			
	Budgeted/Planned	Actual/Received	Variance
NHCP	\$60,000.00	\$55,000.00	\$5,000.00
SCA	\$122,400.00	\$97,600.00	\$24,800.00
Other External	\$34,500.00	\$0.00	\$34,500.00

Total Revenue	\$216,900.00	\$152,600.00	\$64,300.00
----------------------	---------------------	---------------------	--------------------

Expenses			
	Budgeted/Planned	Actual/Spent	Variance
Active Communities Team	\$13,500.00	\$389.00	\$13,111.00
Core Group	\$1,500.00	\$1,400.00	\$100.00
Coordinator Projects	\$2,000.00	\$1,400.00	\$600.00
Babies Books and Bonding	\$60,500.00	\$27,000.00	\$33,400.00
Building Vibrant Youth	\$13,500.00	\$9,300.00	\$4,100.00
Healthy Eating Team	\$42,600.00	\$61,600.00	\$19,000.00
Northern Tobacco Strategy	\$35,000.00	\$7,900.00	\$27,100.00
Promotions and Media	\$11,500.00	\$1,600.00	\$9,900.00

Total Expenses	\$180,100.00	\$110,800.00	\$69,400.00
-----------------------	---------------------	---------------------	--------------------

Net	\$36,800.00	\$41,900.00	\$5,100.00
------------	--------------------	--------------------	-------------------

* All numbers rounded to the nearest \$100

