



# Cobequid Community Health Board Presentation to North West Community Council

## Health Plan Updates and Emerging Work

January 13, 2020

# Who we are

A group of 14 volunteers that advise the Nova Scotia Health Authority on Community Health needs in the Cobequid catchment

We meet monthly September- June

We are supported with a Coordinator by the NS Health Authority, and funding for our operations

## What we focus on - Community!

- Social Determinants of Health
- Equity
- Connector
- Wellness Fund Grants

# Community Health Board Central Zone Health Plan 2017

Every 3-5 years a formal check in with community on community health needs

Translates into board specific “action” work in the community

Areas of focus

- Mental Health and Addictions needs
- Substance Use (Vaping and edible cannabis)
- Transportation
- Food Security
- Community Connectedness
- Housing

# Background

As part of the 2017 Health Plan Action Plan work the CCHB was meeting with community on substance use concerns

The board had thought that edible cannabis would be the focus of the work but at the first community network conversation vaping was the topic of interest

The sub-committee and greater board were moved by the urgency of this and started linking to others who were raising the alarm

# Background



- Partnered with NSHA Mental Health and Addictions and Public Health
- Education for CCHB members was needed – presentation by Mohammed Al-hamdani Smoke Free NS March 2019
- Next Step – Engage with community with the knowledge learned that day

# Bringing the work to community

- May 2019 we held a community education and discussion about Vaping
- Representation from across the Cobequid catchment, - school stakeholders, policing, library, etc.
- Engaging conversation and an invitation to continue the work
- September 2019 Laura Kennedy, NSHA Mental Health and Addictions, presented us with a Cobequid Vaping Report Card modelled on a report card done on smoking in Alberta.



# Vaping Report Card

Grading was completed on:

- Pricing - F
- Accessibility - F
- Advertising - D
- Smoke-Free Places - D



# Next Steps

- Through this process again the awareness of the harms of youth vaping was alarming
- Policies around vaping and youth need to be changed and tightened – urgently
- We are not the only voice calling for these changes but we are the first CHB voice proposing an advocacy tool



# Transportation

Since March 2017 the Cobequid CHB has heard that residents in the catchment are experiencing transportation challenges. Specifically in:

- Lucasville
- Hammonds Plains
- Fall River
- Windsor Junction

# Transportation

Summer of 2018 through to Summer of 2019 the sub-committee conducted:

- Surveying (in person and online)
- Focus Groups
  - Lucasville
  - Cobequid Partners Network
  - Youth Health Centre Coordinators
- Meeting with Transportation Providers
- Hosted a Transportation Forum August 22<sup>nd</sup> with CTO, stakeholders, elected officials



# Transportation

## Our Findings – Gaps in Service, Inequities

- Buses are available in many areas of the catchment
- BayRides and other Community Transit providers can only can service certain areas
- No service on the Lucasville Road – urban service boundary
- Limited service in other areas
- Impacting employment, health and quality of life
- Community transportation is not exclusively a service for modest income or people experiencing disability
- Not a one solution problem

## Next Steps

- Building on the meeting August 22 looking to partner with community on more event to build relationships and connect community to resources
- CHB's follow the Lead Link and Let Go model

## Food Security

- Hosted a Food for Thought Event focusing on food assets in the community
- Partnered with Public Health Nutritionists
- A report from the event was developed
- The expected outcomes are continuing to build relationships between those doing food security work across the catchment

## Connecting Community

### Cobequid Youth Providers

- Started in the spring of 2017 – continues to build momentum!
- A networking opportunity for those that work with youth across the catchment – relationships have been built and projects moved forward

### Bridge the Gap

- Started with the faith community in Bedford
- Grew to include service providers, agencies and non-profits
- Networking Group and separate action orientated groups address identified community needs



# Thank you



## Questions?