

Population Public Health

Winnipeg Regional Health Authority

Staff Development; Public Policy & Built Environment Updates

Community Development Webinar

Community Development is an essential part of public health practice. As part of Population and Public Health (PPH) Staff Development, a presentation and discussion on Community Development was held on April 14th and 19th 2016.

The presenters shared information about the broad topic of Community Development, including key concepts and terms, as well as examples from practice. Key themes such as health equity promotion, the importance of staff and community engagement, and the components of the WRHA Community Development Framework¹ were shared. The discussion was facilitated by many of our WRHA Community Facilitators and focused applying principles and sharing examples.²

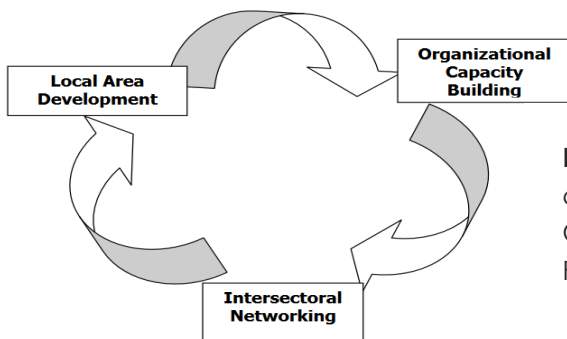


Figure 1: Three components of the WRHA Community Development Framework

¹ WRHA Community Development Framework (2014): <http://www.wrha.mb.ca/community/commdev/files/CommDev-Framework.pdf>

² For more information or to contact a Community Facilitator visit: <http://www.wrha.mb.ca/community/commdev/>

Upcoming Events

Closing the Gaps in Indigenous Health Webinar
October 13th or 18th, 2016
9am – 10:30am

Did you know?

Materials from Population and Public Health staff development events can be found on the [extranet](#).

Check there for the PowerPoint slides from the Community Development webinar.

Community Development webinar presenters:

Colleen Schneider – Local Health Involvement Groups Manager

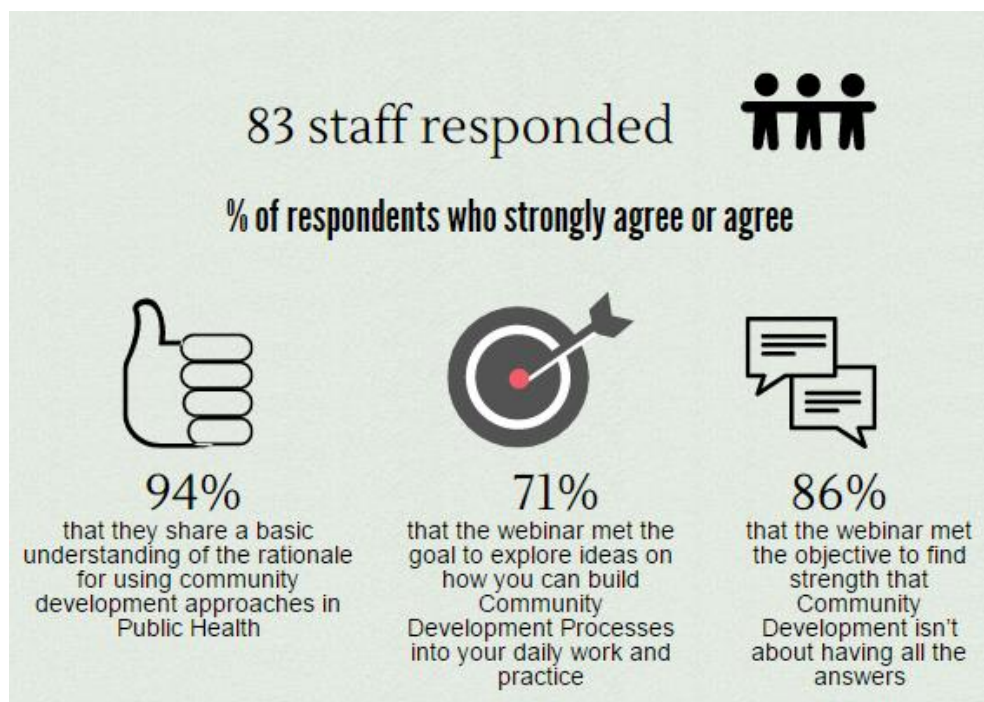
Claire Meiklejohn – Community Facilitator, Downtown Community Area

Shelley Marshall – Clinical Nurse Specialist, Healthy Sexuality and Harm Reduction



How did it go?

An online staff survey found that the webinar met the main objectives.



Other Feedback

Visuals: While many felt the topic was interesting, they identified that more visuals, including pictures, would have improved the presentation. Respondents commented that the format does not allow participants to see presenters and there is benefit from seeing presenter body language – making visual presentation slides even more important.

Discussion: Many participants expressed desire for more and deeper discussion. Further, it was suggested that more active facilitation would improve conversations.

Content: There was varied feedback on the content shared. While some respondents appreciated and wanted the introductory level of information presentation, others found it basic. Some respondents stated a preference for more real life examples.

Overall, respondents identified the topic of community development as foundational to public health practice and are keen to continue learning as while applying concepts to practice.

Want to learn more about Community Development? The Gathering: Manitoba's Community Development / Community Economic Development Conference will be held October 21, 2016. Visit the [conference website](#) to learn about this professional development opportunity.

Anti-Racism in Indigenous Health Staff Development Session

Health's Staff Development Days half day sessions on **Anti-Racism in Indigenous Health** were held on June 21 and June 23, 2016. Powerpoint slides from Anti-Racism in Indigenous Health Staff Development Session can be found on the [extranet](#).



From left to right: Sisters in Spirit Drum Group from Manito Ikwe Kagikwe, Elder Mary Wilson, Dr. Marcia Anderson

The sessions began with an opening prayer and teaching from Elder Mary Wilson and song from the Sisters of Spirit Drum Group of Manito Ikwe Kagikwe/the Mothering Project. The session included presentations from Dr. Marcia Anderson Decoteau, Medical Officer of Health, either Margaret Bryans or Tammi Rowan from the Mothering Project/ Manito Ikwe Kagikwe, and Dr. Ian Whetter. The session included a group role-play to identify and respond to racism and ended with a closing song and prayer.

How did it go?



Creating a welcoming environment

Many survey respondents liked the overall feel and environment of the session. They felt it set a good tone to have an Elder deliver an opening prayer and were very excited to see drummers. Participants described it as a very inclusive atmosphere. On the other hand, a common logistical complaint was that the room temperature was too cold.

Reflecting on privilege

The discussion of white privilege and white fragility were well received. A number of respondents said that the presentations opened up a new way of looking at situations on a very discomfoting subject and strengthened their ability to self-reflect on their actions in the health system. However, a few responses indicated that they found some colleagues were defensive after the session. This indicates that work remains to support and encourage a positive work environment.

Growing the conversation

There's a lot of interest from respondents in expanding the conversation on anti-racism in Indigenous health. Some respondents indicated that the session could have been extended to a full day event and others suggested additional sessions on the topic each year. Staff reported that they would like more resources to practice and encourage anti-racist behaviour in their work teams. Taping this session in the future to deliver to staff who cannot attend was also suggested.

Overall, attendees responding to the survey found the sessions to be a very useful event. Many felt a profoundly changed perspective thanks to the concepts and issues discussed. Respondents also wanted to thank the organizing committee for putting together a great event.

Want to learn more about closing the gaps in Indigenous health? Visit these resources:

- [Truth and Reconciliation Commission of Canada](#)
- [United Nations Declaration on the Rights of Indigenous Peoples](#)
- DiAngelo, R. (2011). [White Fragility](#). *International Journal of Critical Pedagogy*, 3(3): 54-70.

Dr. Ian Whetter suggested a couple of great books:

- McGibon, E. & Etoawa, J. **Anti-Racist Health Care Practice**. Canadian Scholars' Press Inc. 1st edition, 2009.
- DiAngelo, R. **What Does it Mean to be White?: Developing White Racial Literacy**. Peter Lang Publishing; revised edition (2016)

At the June 23rd session a video about addictions was shown. Watch the 5 minute [video](#).

Meet your Public Health colleagues



Congratulations to Shelagh Graham (left in picture) in her role as the permanent Healthy Built Environment Specialist. Shelagh, a planner, facilitates collaboration and relationship building between public health and municipalities and built environment stakeholders.

Sarah Prowse (right in picture) has been working as the program specialist for Healthy Public Policy since December 2015. She recently completed her Masters of Public Health at the University of Waterloo.

Shelagh and Sarah can be found in Office 206 at 490 Hargrave St.

Fun Facts



It has been 3 years since Shelagh has gone on vacation without her bike. She recently spent time in Cuba traveling on a bicycle built for 2.



Sarah lived and worked in New Zealand for 6 years. She dreams of the black sand beaches.

Healthy Public Policy Update

The Healthy Public Policy (HPP) Collaboration Group started meeting in April 2016 and is co-chaired by Sarah Prowse and Sande Harlos (Medical Officer of Health). We recognize that many areas of Population & Public Health are already engaged in healthy public policy work, and many additional opportunities to influence policy exist. This group aims to amplify the influence of Population & Public Health in Healthy Public Policy action.

A small working group within the HPP Collaboration Group is working to strengthen current conduits to share information about public health issues between front line staff, community areas, centralized teams, and PPH working groups. We will consult with the practice councils, PPH Operations Team, Strategic Directions, and PPH working groups through this process.

Next steps: The HPP Collaboration Group will identify policy areas for action and will prioritize these using criteria for public health approaches.

Healthy Built Environment Update

The Healthy Built Environment (HBE) Working Group started meeting in October 2015 and is co-chaired by Lisa Richards (Medical Officer of Health) and Lana Pestaluky (Public Health Dietitian in Seven Oaks & Inkster). The group has been working on finalizing a strategic plan for this strategic approach and has been participating in capacity building and information sharing activities.

Following a prioritization process, small groups have begun to explore topics identified in the Healthy Built Environment strategic plan like engagement and communications, Indigenous health and the built environment, and built environment issues in Winnipeg Health Region municipalities (including West St. Paul, East St. Paul, and Churchill). These small group discussions will feed into a one year action plan for the Working Group.

The WRHA's Executive Council has approved a proposal to develop a position statement on Healthy Built Environments to guide and summarize our work in this area.

Next steps: The HBE Working Group will come together in the early fall to finalize an action plan and to continue to develop staff capacity in using a healthy built environment approach to public health. We will consult with other areas as we continue the development of a draft Healthy Built Environments position statement.

Want to learn more?

Check out the [Healthy Built Environment](#) and [Healthy Public Policy](#) pages on the extranet for the groups' Terms of References and more.

In the News

[Biking to Work](#) by Dr. Chris Green

[Health Mobility](#) by Sarah Prowse

[Manitoba must improve record on child health](#) by Nathan Nickel & Michael Moffatt

Recent Policy Developments

- [Canada Child Benefit](#)
- [Healthy Baby Prenatal Benefit](#)

Join Sarah Prowse for her presentation on **Income & Population Health**.

Either: September 12th ; 11.30 – 1.00 pm OR September 15th ; 12.30 – 2.00 pm
Room 119, 490 Hargrave St.

RSVP required. Email or call Charmaine Hyman-Brown at chymanbrown@wrha.mb.ca or 204-940-1774 to indicate which presentation date you will be attending.