

Ma santé - Mon avenir



Hope ...

Building a solid, strong, safe and healthy community

Table of contents

Introduction.....	3
Background.....	3
What is the purpose of this tool?	3
The vision for our Acadian community	4
Acknowledgements	5
The Lighthouse	6
The determinants of health.....	8
Our community's strength: principles.....	8
Explanation of the process	9
Culture	10
Employment and working conditions.....	11
Physical environments.....	12
Social environments	13
Personal health practices and coping skills	Erreur ! Signet non défini.
Education.....	15
Biology and genetic endowment	Erreur ! Signet non défini.
Social support networks	17
Income and social status	18
Healthy child development	19
Health services.....	20
Gender	21
Action plan.....	22

Introduction

Background

In 1990, the PATH (People Assessing Their Health) project was created as the outcome of a partnership between the Antigonish Women's Resource Centre, Public Healthcare services and the Extension Department of St. Francis-Xavier University.

The PATH project for Acadians and francophones in Richmond County and Pomquet was conducted between January and June 2010 through a partnership between the Guysborough Antigonish Strait Health Authority (GASHA) and Réseau Santé Nouvelle-Écosse, with additional financial support from Health Canada through the Société Santé en français.

Through the participation of Acadians and francophones from the Richmond and Pomquet areas, the project led to creation of a tool for assessing the status of community health, known as CHIAT (Community Health Impact Assessment Tool), which identifies the key social determinants that affect people's health. The project also encourages Acadians and francophones to participate more actively in future consultations and to become involved in decision making about their health.

What is the purpose of this tool?

The Community Health Impact Assessment Tool (CHIAT):

- Assesses the positive or negative effects of policy activities, programs or services that affect the health of Acadians and francophones in Richmond County and Pomquet;
- Identifies the areas where additional information is required;
- Identifies the actions required to ensure that proposals make a positive contribution to the needs of Acadians and francophones.

The vision for our Acadian community

Empower a harmonious, vibrant Acadian community, consisting of diverse age groups living in a healthy and safe environment, in which citizens are supported by a flourishing economy, a church that meets parishioners' needs, and an education that fosters the development of its people.

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Advisory Committee: Thérèse Benoit, Simone Boudreau, Marilyn David, Rémi Deveau, Bernice Doiron, Annette Kehoe, Lillian Landry, Chelsea Le Fort, Jacqueline Bullen-Samson, Josette Marchand, Monique Samson, Ben Samson et Brenda Samson.

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Marlene LeBlanc

Community Facilitator

The Lighthouse

Each component of the lighthouse represents:

The Lighthouse – Represents the growth and development of a community.

Technology – Represents the components that have been developed to protect mariners in their daily life. This technology has saved many lives.

The Island – Represents the foundation on which the community is built. This represents a healthy, safe environment.

Culture – Represents the language, traditions and values (customs) – life habits. This is who we are.

The Light – Represents protection, culture, a guide, hope, outreach, safety, trust and a healthy life.

The Building Structure – Represents a solid structure, management, enthusiasm, energy and technology.

The Open Door – Represents opportunity and community spirit.

The Stairs – Represent life stages: young people, adults and seniors.

The Batteries – Represent community involvement and leadership.

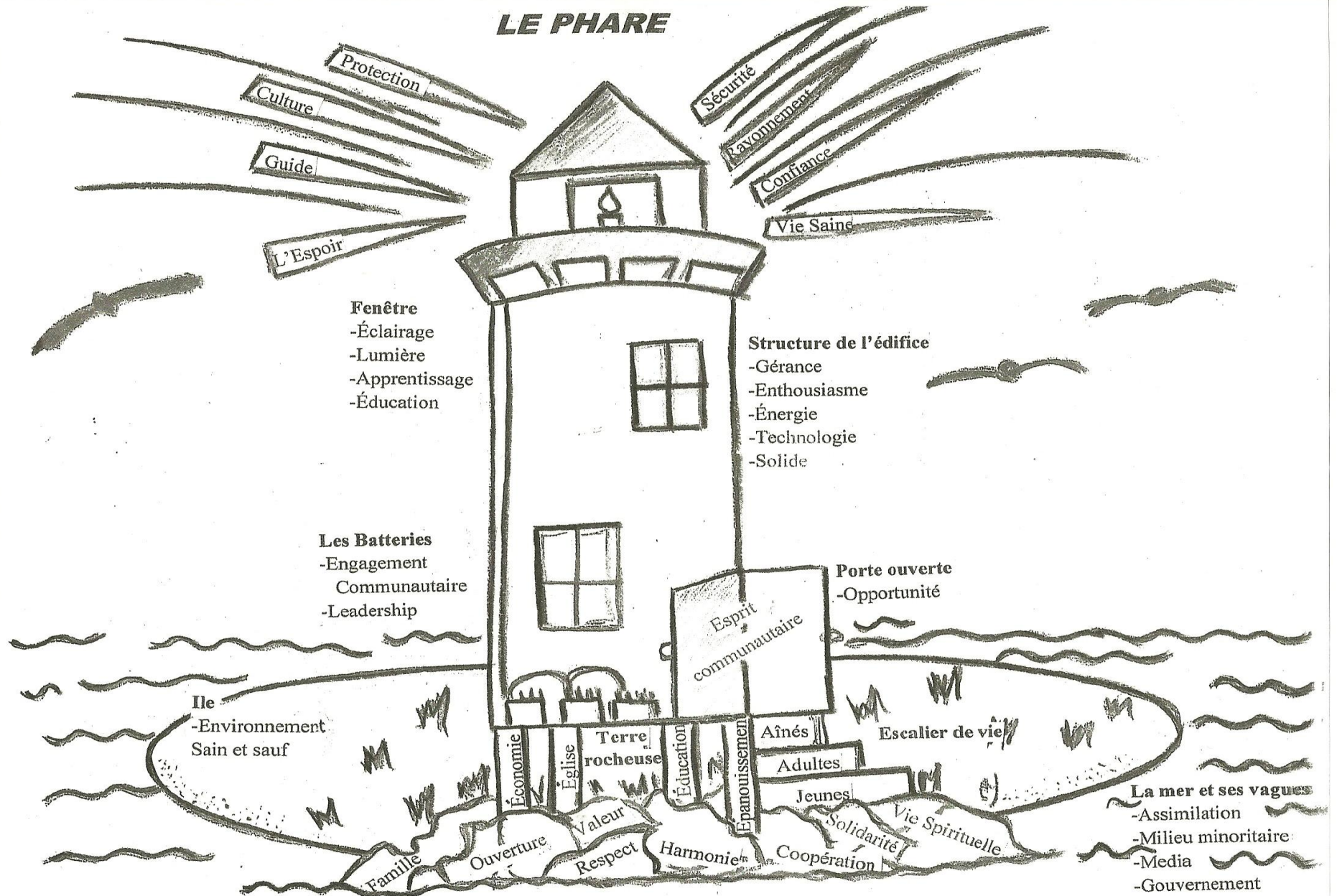
The Four Pillars – Represent the economy, the church, education and development/growth.

The Rocky Land – Represents the family, openness, values, respect, cooperation, harmony, solidarity and spiritual life.

The Windows – Represent lighting and light as well as learning and education.

The Sea and the Waves – Represent external influences – the media, government, assimilation and living in a minority setting.

LE PHARE



The determinants of health

Here are the determinants of health as established by Health Canada.

- Culture
- Employment and working conditions
- Physical environments
- Social environments
- Personal health practices and coping skills
- Education
- Biology and genetic endowment
- Social support networks
- Income and social status
- Healthy child development
- Health services
- Gender

Our community's strength: principles

- Family
- Values
- Pride
- Leadership
- Morality
- Equity
- Respect
- Target clientele: women/seniors/youth

Explanation of the process

Before starting this process

- **Planning the process.**

- Decide on the key people to invite to this session.
- Find a suitable place and time for the session (the process takes about two hours).
- Photocopy and hand out the community health impact assessment tool to participants.
- Have markers, paper, pencils, pens, tape and an easel.

- **Facilitate the process.**

- Explain the purpose and objectives of this session to participants.
- Review Health Canada's determinants of health.

- **Use the tool.**

- Review how each proposal influences the determinants of health for Acadians/francophones.
- Check (✓) if the impact has a positive, negative, or unknown impact, or does not apply (N/A).
- Add your comments, suggestions, etc.
- Don't forget our community's strength: principles.

- **Data and actions to take**

- Summarize the data.
- Include more detailed information.
- Draft the action plan.

Note:

- The determinants of health presented in this tool are not necessarily shown in order of priority.
 - **It is very important that Acadians/francophones from the community be involved in this process to ensure that their needs are addressed and met to ensure success.**
-

Culture

Some groups are exposed to additional risks due to a socio-economic environment determined largely by the values of the dominant culture. Access to healthcare services and medical care culturally adapted to minority groups becomes more difficult.

How does this proposal influence culture? _____

Question:	Positive	Negative	Unknown	N/A	Why or how?
French-language infrastructure					
Acadian culture valued					
Encourage our businesses and services to utilize the French language in day to day operations.					
Preserving what we have (medical clinic, youth health centre, pharmacy, etc.)					
Supporting our educational/cultural institutions					
Managing our own institutions					
Self-esteem					
Pride in the French language and culture					
Managing our communities					
Working toward development of community infrastructure					
Preserving our history and traditional music					
Self-acceptance/accepting others					
Community spirit					

Employment and working conditions

People who have greater control over their working conditions and are subject to less stress related to the demands of the job are in better health. Workplace hazards and occupational injuries are major causes of health problems. Unemployment is linked to a deterioration in health.

How does this proposal influence jobs and working conditions? _____

Question:	Positive	Negative	Unknown	N/A	Why or how?
Availability of well-paid jobs					
Long-term jobs					
Reintegrating young people back into our community					
Keeping young people in the region					
Equal pay					
Safe working conditions					
Value placed on traditional employment (fishery/forestry/agriculture, etc.)					
Support from businesses					
Hiring our francophones/Acadians					
Training and information for employers and employees					
Encouraging creation of new local businesses					
Usage of the French language in provision of goods and services					

Physical environments

The physical factors of a natural environment (e.g. water, air and soil quality) have a major influence on health. Various environmental factors shaped by humans, such as housing, safe workplaces, community services and highway design, also have an important impact on health.

How does this proposal influence the physical environment? _____

Question:	Positive	Negative	Unknown	N/A	Why or how?
Recycling					
Environmental protection a) water (lake, river, ocean) b) clean air c) nature d) land e) wildlife f) conservation of drinking water					
Appreciation and protection of our natural beauty					
Awareness of the effects of chemical products(information session)					
Beautification of our community					
Protection of areas at risk					
Advocate for healthy and safe spaces					

Social environments

Social stability, recognition of diversity, safety, healthy working relations and community cohesiveness form a set of favourable social conditions that reduce or avoid many health risks. Studies have shown that limited emotional support and limited participation in social activities have harmful effects on health and wellbeing.

How does this proposal influence the social environment? _____

Question:	Positive	Negative	Unknown	N/A	Why or how?
Existence of various social activities for all ages					
Impact on community leadership					
Support and assistance: family, friends, people with specific needs					
Involvement and support to various francophone associations					
Preservation of and participation in religious holidays and sacraments					
Countering the effects of assimilation					
Public pressure					
Respect for everyone. Vive la difference!					

Personal health practices and coping skills

A social environment that provides wise health and lifestyle choices, encourages persistence and fosters the acquisition of the knowledge, attitudes, behaviour and ability to adapt, necessary to live a healthy life is an important determinant of health.

How does this proposal influence healthy habits and personal ability to adapt? _____

Question:	Positive	Negative	Unknown	N/A	Why or how?
Healthy diet					
Social activity					
Physical activity					
Disease prevention					
Life experience (how to improve our health)					
Addiction (dependency: alcohol/tobacco/gambling/food, etc.)					
Access to French-language healthcare services					
Violence and abuse (physical/mental/financial/sexual)					
Safe and accessible spaces					
Taking personal responsibility for one's health					

Education

Health improves as the level of education rises, especially positive self-assessments of health or indicators of poor health such as restrictions on activity or number of workdays lost. Higher education increases income and job security prospects and provides a feeling of control over life circumstances — key factors that influence health.

How does this proposal influence the level of education? _____

Question:	Positive	Negative	Unknown	N/A	Why or how?
French literacy					
Access to education and training					
Access to information					
Learning new technology					
Raising community awareness regarding the importance of education					
Need for diplomas/degrees					
Accessibility of trades apprenticeship (co-op program)					
Exposure to a variety of careers/activities					
Encourage young people to share their expertise with the community					
Maintain our educational services and infrastructure					
Access to necessary tools and financial resources (Affordable)					
Employability (having future career plans from employment)					
Reducing unemployment rates					

Biology and genetic endowment

A person's genetic make-up, the function of various organic systems and growth and ageing processes are basic determinants of health. Biological differences as well as social inequalities linked to gender influence individual and community health.

How does this proposal influence genetic and biological heritage? _____

Question:	Positive	Negative	Unknown	N/A	Why or how?
Family diseases: know and preserve our genetic/genealogical histories					
Hereditary diseases: cancer, alcoholism, heart disease, genetic diseases (marriage with next of kin), mental health, etc.					
New diseases: Parkinson, Lou Gehrig, Alzheimer, allergies, etc.					
Vulnerability of our seniors, youth and persons with disabilities					

Social support networks

The support provided by family, friends and communities is linked with better health. Some experts maintain that the impact of social relations on health could be just as important as that of established risk factors such as tobacco addiction, physical activity, obesity and high blood pressure.

How does this proposal influence the social support network? _____

Question:	Positive	Negative	Unknown	N/A	Why or how?
Religion/Spirituality					
Respect					
Morality					
Intergenerational support					
Friendship					
Community volunteer work					
Wellbeing and protection of seniors, youth and persons with a disabilities					
Active community					
Clergy members involved in the community					
Social life (holidays/clubs/recreation)					
Media (communication in French)					
Technology					
Availability of necessary tools and financial resources to remain in our homes and our community					
Support for people living alone					

Income and social status

This is the most important determinant of health. Many studies show that health improves the higher a person is on the income scale and in social rank. The healthiest populations are in prosperous societies with equitable distribution of wealth, regardless of the distribution of expenditures on health care.

How does this proposal influence income and social status? _____

Question:	Positive	Negative	Unknown	N/A	Why or how?
Ownership of our own businesses					
Good career choices					
Availability of financial/physical resources for seniors and persons with disabilities so they can live in their own home. (Affordability)					
Human/material/financial resources (in general)					
Prevention of isolation					
Support of people with specific health needs (Such as: transportation, boarding, medications)					
Support for young families and single parents					
Reintegration of our young people					
Provide job opportunities for persons to return to their native communities and work in their chosen fields.					

Healthy child development

Life experience before birth and in early childhood has a marked effect on health, wellbeing, ability to adapt, and skills.

How does this proposal influence healthy childhood development? _____

Question:	Positive	Negative	Unknown	N/A	Why or how?
Training and education during pregnancy					
Development of tools for parents					
Access to children's French books and French music					
Growing up and living in French					
Reducing the stress of achieving perfection					
Maintaining high quality education					
Community support for families					

Health services

Healthcare services, especially those designed to protect and promote health and prevent disease, contribute to population health.

How does this proposal influence healthcare services? _____

Question:	Positive	Negative	Unknown	N/A	Why or how?
Access to structured physical activities					
Access to unstructured physical activities					
Posting of health-related information					
Access to French speaking health care professionals and service providers in hospitals, medical clinics, nursing homes, etc., (24/7)					
Reduction of waiting lists					
Access to services in French at all levels					

Gender

Many health problems arise due to the social status or social roles specific to each gender. Women, for example, are at greater risk of suffering sexual or physical violence, earning less income or raising their children alone. Measures designed to level inequalities between men and women and to eliminate bias against the other sex, both inside and outside the healthcare system, will improve population health.

How does this proposal influence the sexes? _____

Question:	Positive	Negative	Unknown	N/A	Why or how?
Sexuality					
Gender equality in the labour market					
Education: homosexuality/bisexuality/trans-sexuality					
Physical/sexual/mental/financial abuse					
Distribution of information					
Self-respect/self-esteem					
Media influence					

Action plan

Project name: _____

Decision: Do we support this project? Yes _____ No _____

Activities	Resources	Who is responsible?	Timeline

On behalf of all Acadians and francophone's, we say *thank you* for your hard work. Your participation in this process is greatly appreciated.