

## Appendix III: Chart on Results of the 14 Public Health Projects

| ACTIVITIES ACCOMPLISHED   | RESOURCES PRODUCED   |
|---|--|
| <b><i>CAMI (Council for Anglophone Magdalen Islands)</i></b>  |  |
| <p><b><i>Partnering to address the issue of substance abuse for Anglophone youth of the Magdalen Islands</i></b></p> <ul style="list-style-type: none"> <li>• Round table discussion with CSSS des Iles officials, CAMI reps, ADAPT reps and other potential stakeholders</li> <li>• CAMI presented the PH strategy and as a result was able to determine some of the services that are available, in regards to substance abuse awareness for youth.</li> <li>• CSSS interveners collaborate with CAMI &amp; ADAPT to execute awareness and prevention activities within the ES schools during alcohol and drug awareness week. Support from CLSC nurse and school health nurse. An activity on drugs and alcohol and the risks of sexual assault was done at Grosse Ile school with the collaboration of CALACS. The Street worker, attended activities at Entry Island School during prevention day and also attended at one of the prevention days at Grosse Ile School.</li> <li>• Meet with the director of the Maison des Jeunes to discuss the availability of the street worker and to encourage a greater interest in the ESC (as this street worker has been hired by the Agency to serve the entire population of the Magdalen Islands and shows little interest in the community, we are following up with them on a regular basis)</li> <li>• Host Drug and Alcohol prevention week at Grosse Ile School in collaboration with Entry Island School, CLSC nurse, street worker of Maison des Jeunes du Havre-Aubert and EI school's Spiritual Animator.</li> <li>• Themes were: <b>"Hugs not Drugs Day"</b> messages were put in a bottle and set out to sea. <b>"Keeping our bodies healthy"</b></li> <li>• <b>"Letting go"</b> A letting go ceremony was held by letting go balloons that had a drug or alcohol free message written on them. The children were asked to think of someone who has overcome addiction or someone who has suffered because of this disease. Parents were invited to have a healthy lunch with us and afterwards we all participated in a drug/alcohol information rally. <b>"Turn your back on drugs day"</b> Mr Hugh Fraser from Fraser Recovery Program helped during those activities and also had discussion with the students. A full afternoon of awareness and information activities on addiction with the professionals which the street worker and the First Responder Captain/Chief of Fire department answered any questions students had. Parents were asked to attend a workshop "motivate parents to motivate children" given by the School Principal.</li> <li>• Collaborate with local volunteers, street worker, leisure animator, student council to implement drug and alcohol free activities at the newly developed "community room" for youth at the school. (this room will be led primarily by volunteers. The purpose of developing this room is to keep youth off the streets and encourage them to participate in structured activities such as movie nights, game nights, etc.) ie: Mother/daughter self esteem pj party.</li> <li>• Information tools, resources, etc. made available on CAMI's recently developed website "Island Odyssey for Health". <a href="http://islandodysseyforhealth.com/">http://islandodysseyforhealth.com/</a></li> </ul> | <p>Resources for parents a direct link on school website.<br/> Weekly pamphlet distributed to high school students with knowledge on various drugs<br/> Prevention week-Information sessions with Fraser Recovery program, school officials, CSSS des Iles health professionals and Street worker.<br/> Drug &amp; Alcohol awareness rally for prevention<br/> The Public Health drug and alcohol awareness strategy in partnership with Adapt<br/> Pamphlet (10 things every kid should know about drugs)</p> <p>Agenda – Drug and alcohol prevention and awareness week at Grosse Ile High School from November 24<sup>th</sup> – 28<sup>th</sup>.</p> <p>News letter update (WCA and A.D.A.P.T.) Island Odyssey for Health".<br/> <a href="http://islandodysseyforhealth.com/">http://islandodysseyforhealth.com/</a></p> |

| ACTIVITIES ACCOMPLISHED   | RESOURCES PRODUCED  |
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| <ul style="list-style-type: none"> <li>Distribute fact sheets bi-monthly youth at the ES school emphasizing on a specific drug and its affects.</li> </ul> <p><b><i>Partnering to develop a holistic health program for ES seniors of the Magdalen Islands</i></b></p> <p>A coordinator was hired to develop and pilot activities and development of partnerships with CSSS, Foster Home, 50 Plus Club, Centre de jour program, Adult Education Centre, CEDEC, etc.</p> <p>Program is as followed:</p> <ul style="list-style-type: none"> <li>Senior Walking Club (ages 50-65, 65 and older)</li> <li>Healthy Cooking Classes</li> <li>Computer Course</li> <li>Day Center in the local foster home (The coordinator for this program is not fluent in the English language, therefore the CAB DES Iles has agreed to support the CSSS by having their Coordinator on site for the day. The CAB Coordinator is able to act as a “Translator” and also co-animates the day’s activities.</li> </ul> <p>A holistic health program for seniors is developed tailored to the needs of the ESC.</p> <ul style="list-style-type: none"> <li>A senior’s consultation is organized prior to the development of the program in order to determine the needs &amp; priorities of ES seniors of the Islands (at this consultation the seniors were given a brief overview of the project and were asked to complete a short survey. As a result, the aforementioned activity program was developed.</li> </ul> <p>Additional support is available to English speaking Caregivers I collaboration with CSSS health professional.</p> <ul style="list-style-type: none"> <li>Palliative Care workshops are organized and carried out in the English speaking community for families and caregivers.</li> <li>“How to care for a senior at home” workshops are organized and offered to English-speaking caregivers.</li> </ul> |   |
| <p><b><i>C A S A (Committee for Anglophone Social Action) Gaspésie</i></b></p>  |   |
| <p><b><u><i>Port Daniel and neighbouring communities</i></u></b></p> <ul style="list-style-type: none"> <li>Expanded knowledge base of the three targeted ESC’s: Focus groups and surveys were completed before Christmas and compilation and analysis of the data was done throughout January and February. A draft of the report has been submitted but it needs revision, an executive summary and recommendations to be drafted for CASA and the CSSS’s. Report should be completed by Mid-May.</li> <li>Formal entente de service between the CSSS Baie-des-Chaleurs and the CSSS Rocher Percé to serve the targeted ESCs: Agreement between the two CSSSs has been signed by the latter, but not yet by the former institution. Follow-up will continue until the document is completed and implemented. A program of child stimulation and parental support activities has been developed by the Paspébiac CLSC (CSSS B-d-C) for the target population, but not yet implemented. This is a priority since the need for infant stimulation is high in the target group. We will follow up to ensure the CLSC moves forward on this issue. 2 meeting with project partners to review the results of the study and to plan the family fair day.</li> <li>Public health plan for the targeted ESCs: On Saturday March 21 at the Shigawake-Port Daniel School we held a family fair day bringing parents and children out together and informally bringing parents up to date on the outcome of the study and the future plans for health promotion activities and the day was a great success, attracting 42 participants and nine community groups. The day included brief presentations by the CLSC staff who will be</li> </ul>   | <p>Questionnaire on health care issues (Hopetown-Shigawake-Port Daniel area)</p> <p>Study on Health care needs amongst the English-speaking people, Hopetown to Port Daniel (draft)</p> |

| ACTIVITIES ACCOMPLISHED  |  | RESOURCES PRODUCED  |
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| <p>providing the program for parents and children. An evaluation of the day indicated that parents want more activities for the youth – especially sports for the older ones – and more social activities for the adults. We also discovered that many who did not go to the event found it was too far to go: separate events in each of the three municipalities may encourage greater participation in the future. A calendar of health promotion activities has been drawn up with emphasis on the use of Telehealth materials, in response to needs expressed in the report.</p>  |  | <p>Calendar of health promotion activities</p>  |
| <b><i>CLC (Community Learning Centre)</i></b>  |  |   |
| <p><b><u>Healthy living Habit</u></b></p> <ul style="list-style-type: none"> <li>• Snow shoes and trails: Improving youth nutrition through guided meal preparation,: Healthy snacks are fun; Mini chef nutrition project; Community garden; Healthy schools approach launch with healthy choices activities; Nutrition Week; Tools for fitness (Wii and snowshoes): Dance your socks off; Nutrition</li> <li>• More than 1222 Youth in schools were involved</li> <li>• More than 377 families were involved</li> <li>• More than 100 Community members were involved, with some strategies touching entire towns</li> <li>• Over 16 community groups and over 65 teachers were involved</li> <li>• Health Week videoconferences: 15 CLCs took part – 3 CLSC involved</li> </ul> <p><b><u>Safe and Healthy Behavior</u></b></p> <ul style="list-style-type: none"> <li>• Safe Games and Friendship; Head start Tutoring; Healthy life skills program; Community Quils; Self Esteem; Information on risky behaviour; Low fitness room and yoga at lunch</li> <li>• More than 256 youth in schools were involved</li> <li>• More than 83 community members and 7 community groups were involved</li> <li>• More than 22 school staff were involved</li> <li>• 2 CLCs took part – 1 NPI</li> </ul> |  |   |
| <b><i>JEFFERY HALE SAINT-BRIGID’S (Québecregion)</i></b>   |  |   |
| <p><b><u>Seniors Health Promotion</u></b></p> <ul style="list-style-type: none"> <li>• Ongoing communication with Administrative support &amp; NPI Regional Coordinators advancement of “Senior’s Workshops Toolkits”</li> <li>• Teleconference call with NPI Regional Coordinators re: sensitization to additional community based programs aimed at senior’s health promotion available from Jeffery Hale- Saint Brigid’s Hospital Community Services</li> <li>• Analysis of date: <b>Seniors’ Health Promotion Needs Assessment Questionnaire</b> regarding modules deemed priority for the various NPI regions</li> <li>• Production &amp; assembling of x 15 Seniors Health Promotion Binders</li> <li>• Preparation of x 15 memory Keys with Health Promotion Binder Contents</li> <li>• Teleconference call to regions regarding interest re: <b>Train the Trainer</b> session</li> </ul>   |  | <p>15 binders “Seniors Health Promotion”<br/>15 memory keys with Health Promotion Binder contents</p> |

**COASTERS(Lower North Shore)**

To finish portrait (including workplan/strategic plan) from phase 1 of public health programming offered to the region (regional document produced in partnership with North Shore Association)

- Schedule of activities created and achieved
- Created data base of public health planners identified for health planners in region 09 and outside of region 09. Accessed and compiled all H&SS activities available to children aged 0-5. Accessed and compiled all physical activity and nutrition programs for youth 0-17 and available infrastructures in each community on the LNS.
- Planned, prepared and held two (2) meetings with LNSCH to discuss and plan strategies to improve access to public health programs. Public Health Strategy developed and pending approval from LNSCH.
- Component developed in regards to on and off coast public health programs/services and added to HSSNPI Strategic and Sustainability Plan (pending approval from LNSCH).
- Planned, prepared and held two (2) meetings with CSSSBCN to discuss and plan strategies to improve access to public health programs.
- Public Priority actions developed for 2009-2010.

Public Health activity planned, carried out and evaluated: All Municipalities (High Schools):  
 Prevention and promotion in building self esteem, bullying awareness and education strategies for stronger youth by setting-up information booths

- Work sessions held with each high school to discuss priorities, strategies and actions
- Five events held in the five (5) High schools on the LNS
- St.Augustine and Netagamiou School Pink T-shirt day were held, 128 children took part and wore pink t-shirts to support and put an end to bullying throughout the day. Games were played and discussions held around building self esteem and bullying awareness
- In MGR Scheffer and Mecatina schools 200 youth took part in and created videos, power point presentations and radio clips on the topic of bullying, and then hosted a day with parents to show various presentations created by the students and discuss the topic of bullying.
- In St.Paul's High school an educational set of DVD's were purchased and training sessions were held with 30 teachers and support staff to be able to better deal with the issue of bullying

Promotion and Animation of the Program 5-30 which will encourage the population to participate in 5-30 events and adopt a healthier lifestyle

- Created job posting and hire and assistant for activity implementation
- 250 people enrolled in the 5-30 program
- 2 newsletters produced
- 2 interviews with local radio stations held
- 1 radio interview held with CBC radio
- 1 radio capsule created for local radio stations
- 5-30 radio capsules with Otis Grant distributed to local radio stations

Prevention and promotion kits for cancer awareness, heart disease, diabetes, etc...

- Scheduled and held meetings with CSSSBCN staff

Research and ordered materials for 400 prevention and promotion bags for breast and colon cancer awareness, heart disease, and diabetes

Newsletters  
 Radio capsule

Prevention and promotion kits for cancer awareness, heart disease, diabetes.

***EAST ISLAND MONTREAL (REISA)***

**DRUG PREVENTION AND AWARENESS IN SCHOOLS:**

- Successful results at one of the schools that received the program: 4 students came forward and sought treatment for addiction. Students indicated great interest in the presentations
- 8 presentations were offered to Sec. 1 and 2, 12 to 14 years old students, 200 new students in addition to last year's 600 who received the education on Drug prevention and awareness.
- Teachers and spiritual animators participated in the sessions and will be using the Drug Awareness material provided in the class (Counsellor was awarded a certificate of gratitude )
- Participation in an emergency meeting at a junior and high school administration and the CSSS to implement the Drug Awareness and prevention program to 600 students.
- Workshops offered to students animators at a Youth Leadership program in February. Program development with a sociologist from Concordia University with expertise in elementary schools. Development of a data base including results of the craft tests with a PHD researcher from Concordia.

**PLAY CRAZY:**

- To bring awareness on anxiety and depression to Quebec's minority English-speaking communities, and more specifically, to use the CRAZY play as demystifying tool for parents, teachers and community workers who are or may be dealing with this phenomena among their community
- The participating communities had the opportunity to be sensitized to anxiety and depression through an advertising play.
- They also had the opportunity to directly exchange with a psychiatrist and the performer who deals with depression and anxiety and whose expertise brought to light accessible tools they can use to deal with anxiety and depression. A hundred and sixty-six people attended the CRAZY play and the post-show dialogue.

**Health Challenge 5-30**

Promotion:

- booth at the gym, at Curves, at LDC
- presentation to the network and to 3 schools

Materials prepared:

- Hand outs on healthy eating, physical activity, promotional fliers and many other

Follow ups done during the challenge:

Weekly newsletters:

- Healthy recipes
- Tips to increase physical activity and fruit and vegetable intake
- Nutrition quizzes
- Weekly news, quotes, encouraging messages
- "Did you know", information about healthy foods

In schools:

Posters

Guidelines for implementations in schools

Healthy recipes

Teaching plans

Certificates and evaluation forms

| ACTIVITIES ACCOMPLISHED  | RESOURCES PRODUCED  |
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| <ul style="list-style-type: none"> <li>Gave out pedometers</li> <li>Newsletters used: quizzes given to students, quotes posed in the lobby</li> <li>Provided teaching plans to teach healthy eating class (activities which could be done with students).</li> <li>Stayed in close contact with school representatives (eg Student advisor or community organizer) and provided additional material when needed</li> </ul> <p>Evaluation:</p> <ul style="list-style-type: none"> <li>Sent out certificates and evaluation forms</li> </ul>   | <p>Pedometers</p>   |
| <p><b><i>ENRICH(English Network resources in community health) Outaouais</i></b></p>   |   |
| <p>Partnership formed with the Western Quebec School Board:</p> <ul style="list-style-type: none"> <li>Teachers produce the pedagogical component, based on the Quebec Education Program, for the RAP DVD Look Good Feel Great</li> <li>they developed a Learning Evaluation Situation (L.E.S.) to accompany the video</li> <li>A professional package was developed and includes the DVD and LES for the use of cycle 2 secondary teachers</li> <li>Regional Dissemination plan developed, LES and the DVD package is promoted in WQSB Schools</li> </ul> <p>Consultation with the local School Board – Delivery of product to local schools (<i>*these activities ill be carried over to the first quarter of the next fiscal year</i>)</p> <p>Provincial dissemination plan developed, Less and DVD package is promoted in English schools across Quebec English School Board Associations and Leading English Education and Resources Network (LEARN)</p> <p>Delivery of product to schools / school boards across the province (<i>*these activities will be carried over to the first quarter of the next fiscal year</i>)</p>   | <p>100 hundred copies of the Learning and Evaluation Simulation, containing the teacher’s guide with supporting materials and the Canadian Food guide Rap Video</p> |
| <p><b><i>MCDC(Megantic English-Speaking Community Development Corporation) Chaudière-Appalaches</i></b></p>  |   |
| <p><u><i>School project: (Walk to Vancouver)</i></u></p> <ul style="list-style-type: none"> <li>Committee came together for the first time. Enthusiastic reaction from all, major information items covered: objectives/budget/publicity-division of tasks and responsibilities/logistics etc</li> <li>Contacts made on suggestions from staff members re motivational speakers-high profile athlete / Jouez gagnant program etc-application previously made for support under this program</li> <li>Confirmation of availability of David Gill – First Nations runner-highly successful University level athlete, David Gill appeared to provide many qualities important to this project: motivation, inspiration, youth, perseverance, dedication, actions, adapted to reality (you don’t always realize your ultimate goal, but must be prepared to adjust and make the best of your abilities to assure your success), affordable. David’s presentation entitle “Dreams and Actions” (see website at <a href="http://www.davidgill.ca">www.davidgill.ca</a>)</li> <li>Feb. 24 we conducted an interview on local radio station. The next day, food for snacks were picked up at IGA (for after the walk). They specially printed wall Map for the main hall, smaller ones for each class and stickers for each</li> </ul> | <p>Calendar of events for public</p> <p>Posters</p> <p>Wall maps, stickers</p> <p>Press releases and photos</p> <p>Pedometers (Walk to Vancouver)</p>               |

**ACTIVITIES ACCOMPLISHED****RESOURCES PRODUCED**

student were delivered to school. David Gill arrived, during the day 2 assemblies with both elementary and high school took place, lunch with guest speaker and telephone interview with CBC radio. At 2:15 the same day the official launch of the Walk to Vancouver began led by David : the first leg was finished at 3 p.m. Healthy snacks were served to all, surplus was donated to the school breakfast program. Press releases were distributed to local and regional media.

- March 17<sup>th</sup>: Yannick Lupien, Olympic swimmer and World silver medalist spoke to elementary and secondary students about his career, experiences, the importance of setting up goals and committing to them, he also incorporated the Walk to Vancouver project into his presentation.

The Walk will continue until the end of the school year and will begin again in September, culminating in February of 2010.

No formal evaluation was conducted. However, we know the following:

- The organizing committee, including the Principal and the Vice-Principal, expressed their enthusiasm throughout the process and are 100% committed to this project until the end.
- 90% of all elementary and high school students signed up for the 5/30 challenge. Because the challenge ends in mid-April, it is impossible to know how many stuck to the challenge throughout the 6-week period. That will be determined at the end of April only.
- We were hoping to have 10 community members join the walk. As of today, we have 15 community members walking alongside the school to Vancouver.

**5/30 Challenge**

1. We promoted the 5/30 challenge throughout the community and encouraged community members to sign up on the web through our March 1<sup>st</sup> monthly newsletter. We contacted the local IGA grocery store and asked them to order 5/30 kits in English for our community. We then encouraged community members to pick up their kits in English. (the 30 English kits were all claimed by community members.

2. We published capsules on subjects related to public health in our monthly news

We arranged for a bus trip to go to Sherbrooke to see the “We can act too” cabaret presented by Townshippers. (This was a true success).

***TOWNSHIPERS - ESTRIE***

We Can Act Too! Social Theatre tour, Estrie; Healthy Choices Program, Princess Elizabeth Elementary School: Working relationships are bettered between members of English-speaking community in the Estrie and health and social service providers.

- Organized the venues and tour dates for the WCA Too
- Publicized the shows
- Invited health and social service providers
- Coordinated the events
- Created and distributed a program
- Provided refreshments and information tables

Play Program

**ACTIVITIES ACCOMPLISHED****RESOURCES PRODUCED**

- Carried out an evaluation.
- Sunshine Theatre Productions troupe was contracted to carry out the tour.
- Toured in 5 different locations 2 elementary schools, and adult education center, a senior organization and an intergenerational event, the message of the play was therefore given to a wide cross-section of ages
- Summary evaluation

Approximately 375 people attended the 5 shows. CSSS representatives attended the play and were available to answer questions from audience members. They were very pleased with the event and the opportunity to engage with the English-speaking community following the play.

**Healthy Choices Program, Princess Elizabeth Elementary School:**

A steering committee consisting of representatives from the CSSS, the ETSB, Townshippers and CAL was established for the program and met twice to establish program priorities and recruitment strategies. A dinner get-together was planned on October with three objectives:

1. To make the school more accessible and welcoming for at-risk families;
  2. To create a network among English-speaking families in the Magog area;
  3. To begin to familiarize the families with resources available in the community and familiarize families with basic fire prevention and appropriate websites of fire safety to review with students.
- Six families were invited to the get-together. A total of 9 adults and 10 children (5 families) were in attendance.
  - Children were babysat and parents had a chance to socialize while supper was being prepared for them. Following the supper, the topic of fire prevention was introduced, links to websites were presented and parents had the opportunity to test out a fire extinguisher.
  - Five workshops will have been held during this past quarter where discussions on dental care and home health safety were discussed including basic hygiene. ie. How to brush teeth their children's teeth. In order to reduce the perceived stigma of receiving interventions, these activities were framed as a "dining at P.E.E.S." series, with meals prepared by teachers. One on first aid and nutrition. The diabetes project that is coordinated by Townshippers' was integrated into the workshop in . The innovative "Dining at P.E.E.S." project is that, once a month, a few families, teachers and the principal get together to discuss topics of relevance over a meal prepared by school staff.
  - Dining at P.E.E.S. is not a hurried event with a heavy agenda. During the meals, time was taken to explore relevant issues chosen by parents. Ideas, problems and possible solutions were discussed over entrees and continue through dessert and coffee. Chosen topics ranged from home safety and homework to health services available for English families.
  - No materials were produced from the program.

***TOWNSHIPPERS - MONTÉRÉGIE***

"We Can Act - Social Theatre 2008-2009 Tour " *Theme: "I am taking care of my health."* Members of the English-speaking community (ESC) will gain knowledge about and confidence in using the health care services available to them.

**ACTIVITIES ACCOMPLISHED****RESOURCES PRODUCED**

*Theme: "Health and Public health and social service providers will gain insight into concerns and needs of members of the ESC.*

- Various media in our strategy to attract audiences were used
- Several articles appeared in local newspapers
- Promotion of the new play on community
- Media and partners were invited to a preview – a Sneak Peak
- 7 performances were offered in the Montérégie part of the Eastern Townships: Granby, Knowlton, Bedford, Waterloo, Sutton, Cowansville and Bromont
- 315 participants attended, children not included in totals

The CSSS Haute-Yamaska has asked us to see if there is a possibility of translating the play into French. This is a big step in mobilizing a community – when a minority community gets involved and uses its resources and creates something that will be used by the entire community. We have come full circle from being recipients to participants and from clients to citizens. Formal evaluation process - developed and distributed at the performances; 137 (43.5%) of 315 participants complete evaluation

### ***VISION GASPÉ PERCÉ NOW (Gaspésie)***

#### **YOUTH PROJECT**

- Update youth profile – ongoing, incorporating new data, services and recommendations.
- Ongoing dialogue with Agence, DSP, CSSS and educational partners about elements of a community public health strategy that focuses on in this territory
- Meeting with new CSSS interim e.d. to achieve two objectives: re-appointment of a CSSS rep. (CLSC social worker) to youth network, b) re-appointment of a CSSS rep. (CLSC nurse) to accompany Healthy Schools Committee
- Meeting with L'Escale counsellor to achieve our objectives:
- Meeting with Maison des Jeunes coordinator to continue and extend discussion about ESC youth needs
- Participation as partner at launch of Gaspegiac Reserve Community Detox
- Presentation to Poly governing board of a modified prevention / promotion policy to respond to drug & alcohol use among students
- Request to governing board to present youth profile and its recommendations.
- Work with two elementary school principals to identify their needs for alcohol & drug prevention work to be done with
- grades 5 & 6
- Recommendations of youth profile presented to Agence Director of Community health and social service programs
- ESC youth reality and needs in MRC Rocher Percé included in policy recommendations of Ville de Percé Family Policy
- Three meetings of Ville de Gaspé Family Policy Committee
- Prevention & awareness work on diabetes carried on in three schools with approximately 80 students in collaboration with diabetes project during Health Week

| ACTIVITIES ACCOMPLISHED   | RESOURCES PRODUCED  |
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| <ul style="list-style-type: none"> <li>Diabetes awareness activity carried on with EI. School (cooking sugar &amp; fat free cookies), then linked students with local shelter/food bank to promote availability of health promotion foods to clients in need</li> <li>VCN sessions for youth coordinated by CLC partner</li> </ul> <p><b><u>SENIORS PROJECT:</u></b></p> <ul style="list-style-type: none"> <li>Update seniors: community profile – ongoing, incorporating new data, services and recommendations.</li> <li>Ongoing dialogue with Agence, Access Committee, DSP and CSSS about elements of a CPHS that focuses on seniors in this territory, the fastest aging CSSS territory in all of Québec encouraging development of pilot projects with our small ESC, that can then be expanded to the entire territory and region: research, decentralized and modified services, health promotion (eye, bone, heart, nutrition, exercise, social inclusion, physical and intellectual stimulation etc., making use of CHEPS dvds)</li> <li>Meeting with CSSS interim e.d. to achieve objectives.</li> <li>Meeting &amp; communications with CSSS integrated seniors’ services</li> <li>Planning for day-centre pilot project to ensure that health services provided in the a.m. by the CSSS will be followed by community-health programming in the afternoon: promotion, awareness and prevention.</li> <li>First meeting (2<sup>nd</sup> scheduled for April 16<sup>th</sup>) with Agence person responsible for “telemedicine” project to learn about it.</li> <li>Participated in CHSSN-Jeffery Hale-Canadian Institutes of Health Research conference</li> <li>Three meetings of Ville de Gaspé Family Policy Committee.</li> <li>Representatives of seniors’ network participate in planning processes with Agence senior management and CSSS</li> <li>Planning with the CLSC nurse trained in the PIED program for its delivery in English in autumn 09</li> <li>Set up Cancer Support Group in partnership with St.Peter’s MalBaie, Anglican Church</li> <li>Coordination work with Care-Giver Support Group</li> <li>Prevention &amp; awareness work on diabetes carried on in three schools with approximately 80 students in collaboration with diabetes project</li> <li>Diabetes prevention &amp; awareness materials validated by CSSS diabetes nurse</li> <li>Preparation of indoor walking circuit tool: “It’s not the Edmonton Mall but....” Designed for use along with distributed pedometers by those with limited mobility seeking to maintain winter exercise, as requested for them last year</li> </ul> | <p>Pedometers</p>   |
| <b><i>VEQ (Voice of English Speaking Quebec)</i></b>  |   |
| <p><b><u>Fitness 4 All / 5-30 Challenge</u></b><br/>Development of a course of action plan for the Quebec City region for the 5/30 Health Challenge involving VEQ and Quebec HS and CLC</p> <p>Promotional Campaign developed to reach the target market of the Quebec City Region, involving VEQ, QHS and CLC</p> <ul style="list-style-type: none"> <li>Three half-page advertisements were placed in the local English newspaper, the Quebec Chronicle-Telegraph. Two advertisements contained information regarding the 5/30 Health Challenge and the third was to inform the public about our kick-off event at the campus of CEGEP Champlain St.Lawrence.</li> </ul>  | <p>Advertisements were placed in the Quebec Chronicle-Telegraph.</p> <p>Posters</p> |

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| <ul style="list-style-type: none"> <li>• Posters were sent out to our target market and a web page was created for the promotion of the 5/30 Health Challenge.</li> <li>• A CBC radio interview with 5/30 Health Challenge spokesperson, Otis Grant and CLC Coordinator was aired on March 24<sup>th</sup>.</li> <li>• Registration Campaign, 380 registrations were manually recorded. We don't have a recording method for those who registered online.</li> <li>• 5/30 Kick-off, Ex-world boxing champion Otis Grant visited Quebec to promote the challenge, he was able to address nearly 1000 school students and staff members on his multi-school tour to speak about his career as a professional boxer and the benefits of having health eating habits and an active lifestyle.</li> <li>• Fitness animators from Energie Cardio led the group in attendance in a twenty minute aerobic workout.</li> <li>• Community partners CHSSN, VEQ, Jeffery Hale Community Services, Central Quebec School Board and Acti-menu meet face-to-face to see the collaborative effort in action.</li> <li>• Health Information session / open-gym</li> <li>• A Health Information Day was organized with a project team comprised students from CEGEP ST.Lawrence.</li> </ul>  |                    |
| <b>DEVELOPMENT FUNDING</b>   |                    |
| <b><i>4-KORNERS (Laurentians)</i></b>  |                    |
| <p><b><u>Interactive website and online health and social services directory</u></b><br/> In March 2009, 4 Korners launched an interactive website with the following key components:</p> <ul style="list-style-type: none"> <li>• An on-line forum featuring a “<i>Speakers Corner</i>” inviting residents throughout the Laurentian region to give their comments concerning health and social services in their area. The site also includes a “<i>talk back</i>” section.</li> <li>• Directory of Health and Social Services with several hundred links to services available to the ESC in the Laurentian region (CSSS, Hospitals, Seniors, Home Care, Food Banks, etc...)</li> <li>• Meeting and discussions with stake holders throughout Laurentian region, including specific CSSS, agencies, community organizations and learning centres.</li> <li>• A flyer was produced outlining the project and is being distributed at organizations who offer services to the ESC.</li> <li>• Local media was contacted regarding participation in the project. Specific participation was requested in the form of printing or broadcasting highlights of the “Speakers Corner” on an ongoing basis.</li> <li>• Have undertaken a proactive campaign of visiting other community groups to let them know about 4 Korners.</li> </ul> | Flyer              |
| <b><i>AGAPE (Laval)</i></b>  |                    |
| <p><b><u>Healthy body, healthy minds (for Seniors)</u></b></p> <ul style="list-style-type: none"> <li>• We prepared a healthy menu for seniors – altering the menu as we prepared ourselves to meet the different cultures and communities of Laval</li> <li>• Met with a nutritionist at the Jewish Rehab. Hospital in Laval and she altered our menu, when necessary, informing us on how to present the food to various groups</li> <li>• Met with several community members who belong to different seniors’ organizations and we brought the food which</li> </ul>  | Menu               |

**ACTIVITIES ACCOMPLISHED****RESOURCES PRODUCED**

we prepared. There were tasting sessions, explanations on various healthy foods, information sessions. This was done following the eating well with Canada's food guide (Resource for Educators and Communicators) which we had reviewed and studied with the nutritionist.

- Distributed the menus as we met and each individual received a seven day program on Eating healthy (always with the approval of the nutritionist)
- Worked on obtaining valued information from the Dairy Farmers of Canada which we also distributed to the participants
- Eating well as we get older document was also donated to the guest and discussed during the meetings.

**Butting out**

- Gathered documents, games, DVD's, teachers' manuals, etc. and all our primary schools received this valuable information. Material and guides were prepared for students of the 4 to 6 grades
- High Schools: gathered documents, games, DVD's, teachers' manuals, etc. were received for the appropriate age groups. We got support from the C.L.C. Coordinator and one teacher, a special show was prepared by the students

**Physical Fitness for Teens:**

Project very well received by the Senior High School Students and a program was offered by Curves – Chomedey to the 15 to 18 years old girls.

Transportation and fitness sessions were done by 2 staff members of Agape and the C.L.C. coordinator.

***NEIGHBOURS(Abitibi Temiscamingue)*****Promotion of 0-5-30 program among the ESC of Rouyn-Noranda**

- Met with principal and teachers at the local English School
- Classroom sessions on the different steps of the 0-5-30
- Elementary & high school students had cooking courses on healthy snacks and exotic fruits and vegetables
- The whole school monitored daily activities outside of school in attempts to reach 30 minutes of activity a day
- Motivational materials were presented to the students
- Students attended a tele-health session on nutrition
- Series of articles on the 0-5-30 program in newsletter

**Translations**

- 2 meetings with the CSSS
- English documentation available Users Guide, Guide for Persons who are hospitalized, blood tests, Emergency room protocol, code of Ethics)
- Plan in place for the possible translation of "some of the signage at the local hospital
- Working relationship developed with the Liaison Person to ESC at the CSSS

**English Encounters**

- Hosted 2 meetings with ESL students; providing an opportunity for Health care professionals; who are currently enrolled in English Second Language Courses, to interact with members of the ESC, to experience different cultural accents
- Began the development of a long term plan to aid ESL students with their training

| ACTIVITIES ACCOMPLISHED   | RESOURCES PRODUCED  |
|---|---|
| <i><b>NSCA (North Shore Community Association)</b></i>  |   |
| <ul style="list-style-type: none"> <li>• Continued to maintain partnership with regional agency to evaluate identified needs of the ESC of the region.</li> <li>• Contact made with agency and other ESC partners for information exchange in relation to improving access to services in English for the 09 Region.</li> <li>• Worked with various English educational institutions to gain a better understanding of the health services offered and to help identify the needs of our youth within the educational system.</li> <li>• The Association gained knowledge of the level of satisfaction received amongst the ESC for public health programs and accessibility in English.</li> <li>• Compiled a report on the recommendations and results obtained during needs analysis of ESC.</li> <li>• NSCA held board discussion on determining the specific needs of the ESC and created priorities and recommendations that work towards improving access to health and social services in English on the North Shore.</li> <li>• Updated Agency of recommendations and results obtained during needs analysis and board discussions.</li> <li>• Contact made with Agency in discussing the recommendations and results obtained during needs analysis and list of priorities from the Association. Meeting held with new resource person for the Access Program at the Agency.</li> <li>• Worked with Agency and other partners to plan strategies and actions in regards to addressing the identified needs of the ESC.</li> <li>• Coordinated and hosted 2 tele-health programs on building self-esteem, high school students of Baie-Comeau , teachers &amp; parents of students. Invited 3 CLC schools in Eastern Shores School board and 3 CLC schools in Littoral School Board to attend the sessions.</li> <li>• Contacted 2 schools to deliver both programs by DVD presentation to deliver both programs by DVD presentation</li> <li>• Follow-up sessions held for high school and CLC – Increased knowledge of public health program initiatives at local schools and needs of youth.</li> </ul> | <p>Health and social services list</p> <p>NSCA 2008-2009 Community Public Health Strategy Report</p> <p>10 DVD's produced</p> <ul style="list-style-type: none"> <li>• Building Healthy Self-Esteem in Youth (4)</li> <li>• Promoting &amp; Supporting Healthy Self-Esteem in Youth: Adults &amp; Teachers (2)</li> <li>• Achieving Healthy Self-Esteem: Follow-up session (2)</li> </ul> |
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| ACTIVITIES ACCOMPLISHED | RESOURCES PRODUCED |
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