



Working Together
to Strengthen
our Communities

SHELBURNE

Community Health Board



**Community Health Board Presentation to
Barrington Municipal Council, November 15th, 2022**

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What is a Community Health Board?

A committed group of recognized Nova Scotia Health volunteers from the community working together in an advisory capacity to improve the health of the community it serves.

CHBs were created by community and are now legislated in the Health Authorities Act to amplify local voices, issues and gather input to create Health Plans that advise NS Health on what communities need to be healthy.



What does a CHB do?

Community Leadership

Community Health Boards are groups of volunteers from your community. They work together to improve health & wellness where we live, work, play and learn.

Community Health Planning

Community Health Boards gather your ideas and share information about how to improve and promote health & wellness close to home.

They focus on the many factors that affect health & wellness in our communities, including income, education and sense of belonging, among others.

They share what they have learned about your health & wellness priorities with Nova Scotia Health, IWK Health Centre, and community groups.

Health and Wellness Promotion

Community Health Boards advocate for actions to promote and improve health & wellness based on what communities say is most important.

Guided by their Community Health Plans, they develop partnerships with local community groups and award Wellness Fund grants to local community projects.



What does a CHB not do?



What does
a CHB
NOT do?

A CHB is an important advisory body of Nova Scotia Health.

CHBs are not governance boards, which means they do not:

- govern or manage the delivery of health services,
- hire or direct, manage or supervise staff,
- hold funds in their own right,
- or resolve individual patient care concerns.

CHBs focus on activities that make the community healthy.

Nova Scotia Health

Vision

Healthy people, healthy communities – for generations

Mission

To achieve excellence in health, healing and learning, through working together

Values

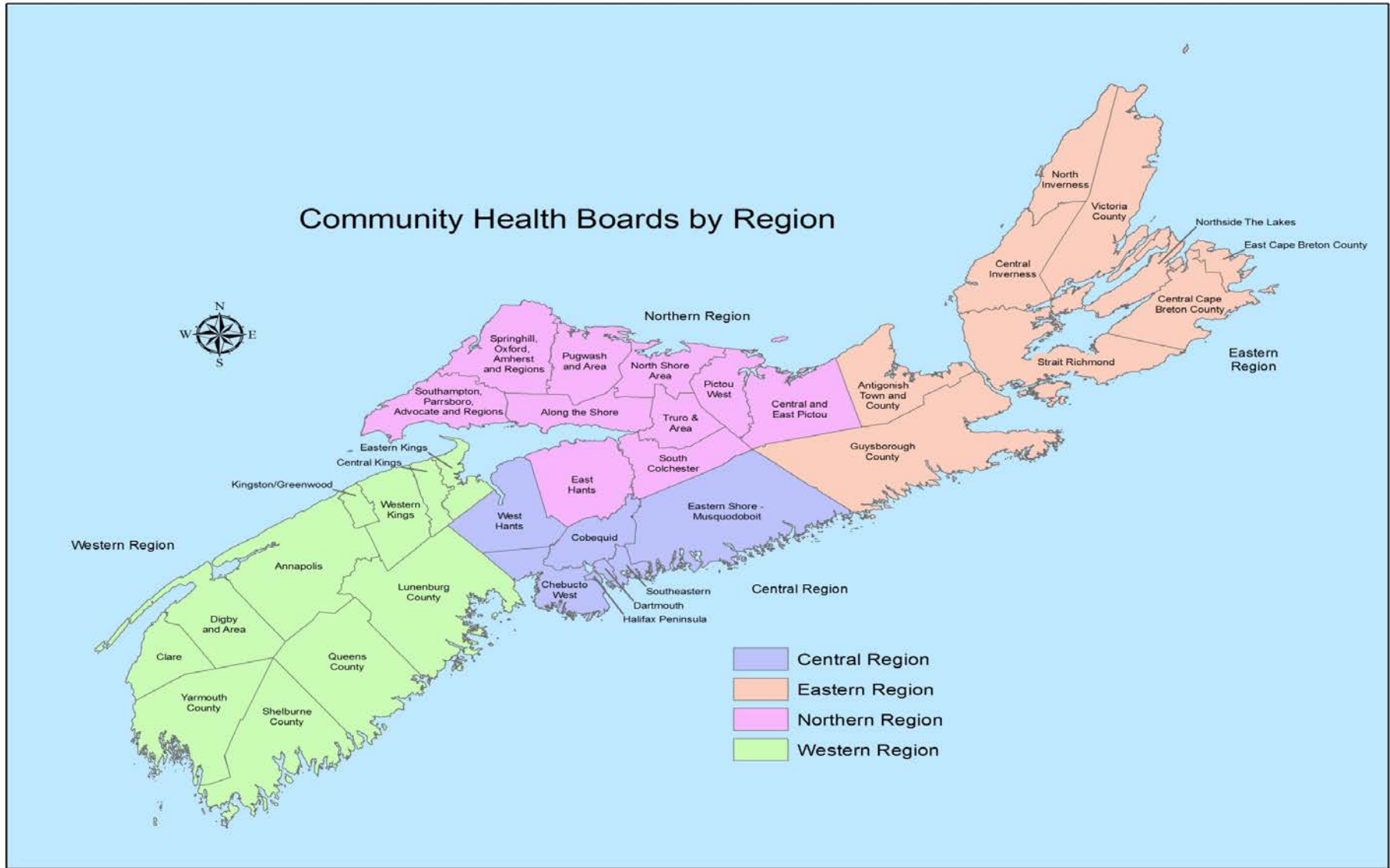
Respect, Integrity, Innovation, Courage, Accountability

[Strategic Directions](#)





Community Health Boards by Region



Community Health Planning

- Community health planning is a systematic process of identifying the health and wellness needs of communities and developing evidence-based recommendations and strategies to promote and improve the health of individuals and communities.
- It is important as it ensures community participation, providing a voice to community members to help ensure that wellness initiatives and policies are aligned with their needs to ultimately improve the health of the population.
- Community Health Plans are a collaborative effort at zone level. but allow for action planning at the local CHB level.

Your CHB Community Health Plan

WESTERN ZONE COMMUNITY HEALTH PLAN 2019

Find Community Health Plans:
[www.communityhealthboards.ns.ca/
chb-health-plans](http://www.communityhealthboards.ns.ca/chb-health-plans)





Population Health

- Population health is a way of looking at people and situations more broadly. It recognizes the many influences on our health – the determinants of health – and realizes that health is not merely being free from disease.
- There are specific groups within our population that are more at risk of developing poor health than others. Population Health aims to eliminate these inequities to create a level playing field so we all have the same options available to us, and to improve the health status of the entire population.

Social Determinants of Health

“The social determinants of health are the economic and the social conditions that shape the health of individuals, communities and jurisdictions as a whole” -- Dennis Raphael



Health Equity

Health Equity means... “All people (individuals, groups and communities) have a **fair chance** to reach their **full health potential** and are not disadvantaged by social, economic and environmental conditions.”



Equality



Equity



Systemic Changes

Which picture do you think would have the greatest impact in advancing health equity and improving the health of the population?

Advocacy for Healthy Public Policy

An active process that uses strategic actions to influence others to shift opinion, initiates positive change, and address the underlying factors that contribute to a healthier community.





Health Promotion

- **Health promotion** is the process of enabling people to increase control over, and to improve, their **health**.
- It moves beyond a focus on individual behavior towards a wide range of social and environmental interventions.'
- CHBs look at the conditions, environments, and policies that can help communities to be healthy.
- They use this information in their health planning to determine how best to make a positive impact in the community.

Partnerships

“Partnership is a relationship where two or more parties, having compatible goals, form an agreement to work together.

They are about people working together in a mutually beneficial relationship; oftentimes doing things together that might not be achieved alone.”

We have many partners within Nova Scotia Health and our communities who are working towards the same goals.

Working together we can have a stronger collective impact.

Funds are available from Nova Scotia Health by request through CHB Coordinators to support CHBs Health Plan Implementation.

Wellness Funds

- Each year, Nova Scotia Health designates funds for each CHB in the province to distribute as Wellness Funds (WF).
- These funds are for non-profit groups working to improve health and wellness in their communities and are intended to support the CHB community health plan recommendations by funding **new innovative** local community projects that use a population health approach addressing the Social Determinants of Health.

Applications open
in June & close in
October

2021-2022 Wellness Fund Recipients

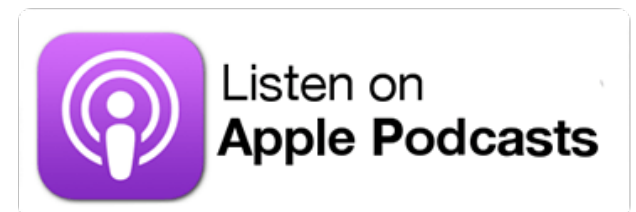
- Schools Plus Blend n Go Smoothie Program @ SHRS
- Our House: “How to Fix It” Program
- Southwest Chapter of Autism NS
- Sou’West Nova Transit



^ Cross Country Ski Club @
BMHS

Sou'West Community Voices

- **Meet our Youth Member: Kailey Wolkins**
- **211 Information Episode**
- **Introducing Wellness Fund Recipients**
- **Make Your Move: interview with Doctors NS Kerry Copeland & Barrington MPAL Joel d'Entremont**
- **Wellness Funds Info Episode with Queens Community Healthcast**





Thank you!

Any questions?

