



# SQUAMISH HEALTHY COMMUNITY COLLABORATIONS UPDATE



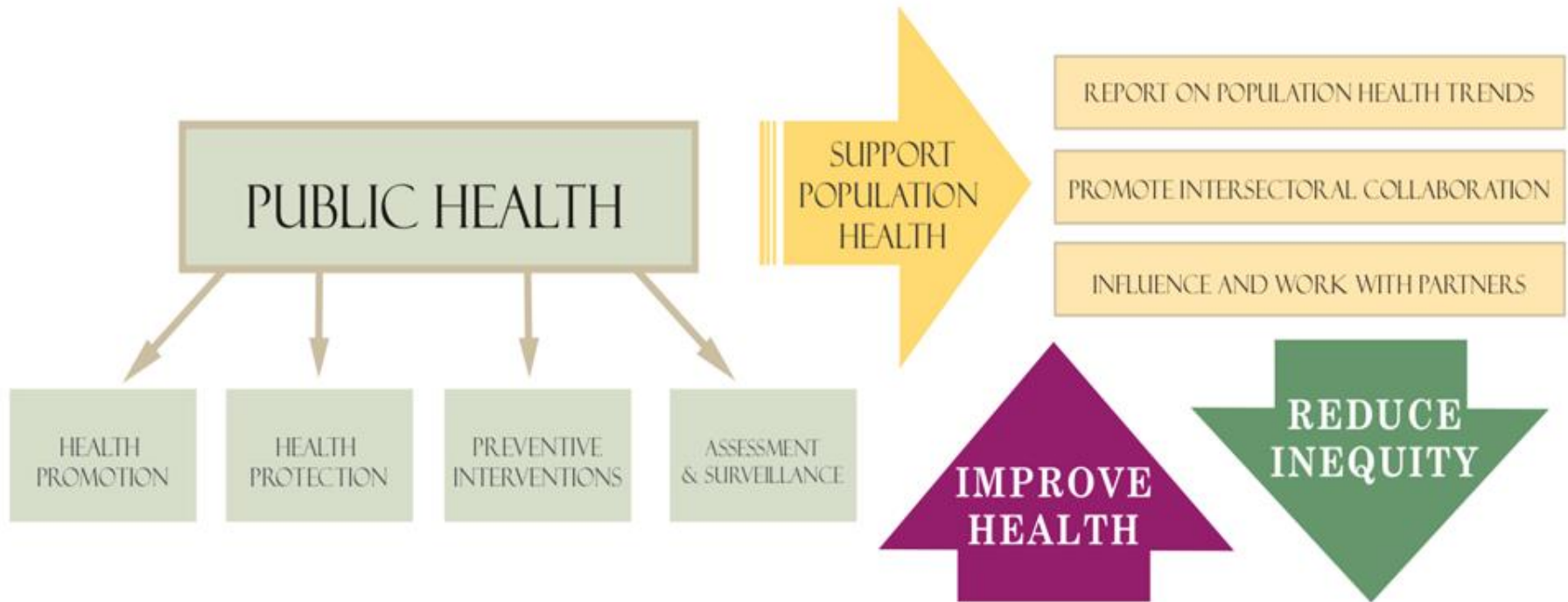
Council Committee of the Whole

April 9, 2019

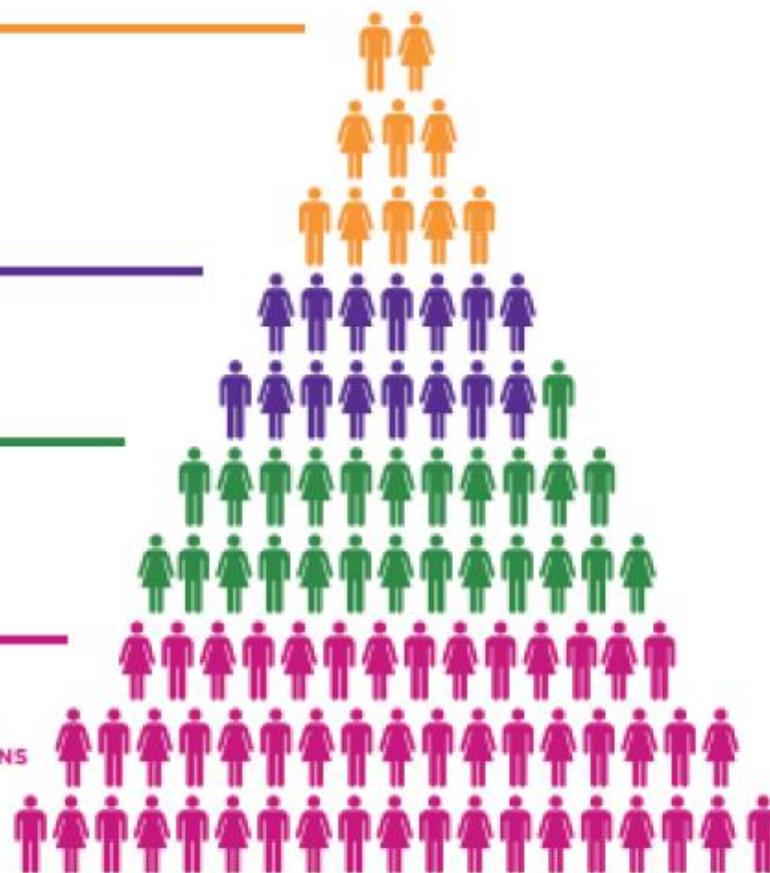
# OVERVIEW

- Healthy Community Background
- Collaboration Highlights
- Proposed Priority Action Areas 2019-2021
- Upcoming
  - Squamish: My Health My Community 2.0
  - Sea to Sky Healthy Community Congress May 2019
- Recommendations
- Questions + Discussion

# PUBLIC HEALTH LINKAGES



# DETERMINANTS OF HEALTH





# HEALTHY COMMUNITIES



## Healthy People

Local conditions support healthy behaviours and choices where people live, work, learn, and play.

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## Healthy Society

Vibrant places and spaces cultivate belonging, inclusion, connectedness and engagement.

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## Healthy Environments

Well-planned built environments and sustainable natural environments support all citizens to thrive, now and in the future.

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*—A healthy city is one that is continually creating and improving those physical and social environments and expanding those community resources that enable people to mutually support each other in performing all the functions of life and in developing to their maximum potential.  
(Hancock and Duhl, 1986<sup>2</sup>)*

# HEALTH EQUITY



## A. EQUALITY WITHOUT EQUITY

Each boy has a box to stand on, but the smallest boy still cannot see over the fence.



## B. EQUITY (BUT NOT EQUALITY)

The boxes are redistributed so each boy has the same opportunity to see over the fence.



## C. SYSTEMIC BARRIERS REMOVED

The transparent fence does not affect anyone's opportunity to participate in watching the ball game.

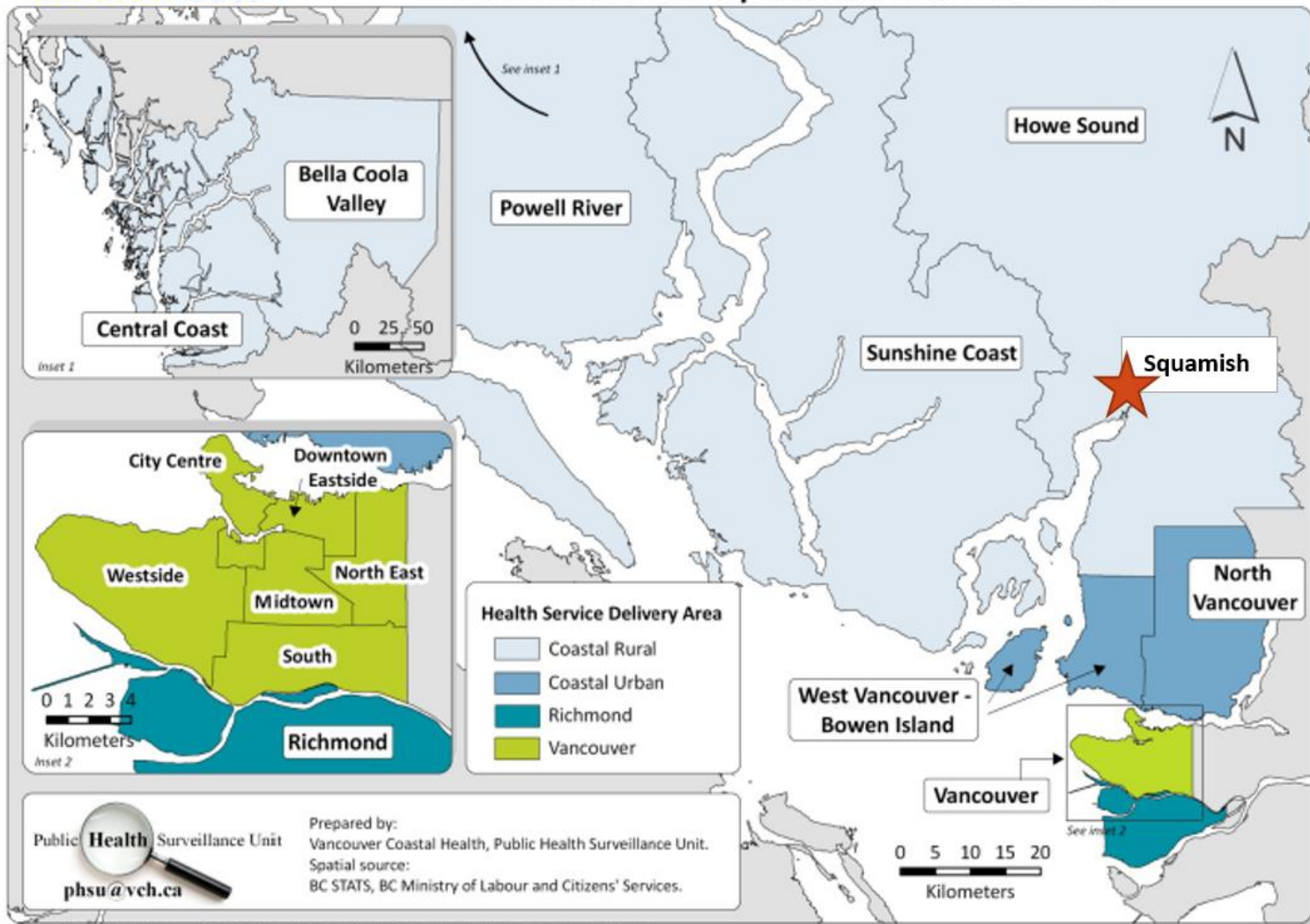


# BC HEALTHY COMMUNITIES INITIATIVE

## A Common Purpose

To promote health and wellness of the community through collaborative activities in priority areas to achieve mutual benefits.





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# SQUAMISH - VCH COLLABORATIONS

- ✓ Partner
- Commitment since 2015
- ✓ Staff 2 Staff
- Working Group
- ✓ Joint Priority Setting
- ✓ Action Areas
- Project Work Plans
- ✓ Communications + Reporting (OCP Dashboard)

## VCH Healthy Communities Collaboration Agreement 2015-2017

### Background & Rationale

According to a 2009 report from the Canadian Senate, some 10% of population health outcomes can be attributable to our physical or built environment with an additional 50% being related to social and economic determinants, many of which are deeply interconnected with environments.

Evidence has shown that local governments currently provide social and physical infrastructure necessary to improve community health and well-being.

Preventable chronic illness such as diabetes and heart disease and our local governments have the capacity to address these preventable diseases to improve the health of the community and stop the rise in health care costs.

launched Healthy Families BC partnerships between the health authorities and local governments to improve population health in their regions to improve population health.

agreement is to promote the health of the community through:

relationship between VCH and the local government achieves mutual objectives and builds trust.

projects and work together to:

land use, neighbourhood development, safe and healthy communities, community gardens, community markets, food banks, food security.



### Health Matters for Squamish



#### As the population of Squamish Booms the District Brings a Health Focus into Long Term Planning and Capacity Building

There was an audible cheer in the Council Chambers at Squamish Municipal Hall. Council had just declared that the health, safety and well-being of children is foundational to the community and passed a motion to work with partners to develop a Squamish Children's Charter.

The proposed Charter is part of the District's Healthy Communities Capacity Building process - a collaborative effort to incorporate a healthy lens in community planning and take a leadership role in planning a healthy built environment. Squamish is one of the most rapidly growing communities in British Columbia. Young families are relocating to Squamish for the promise of a vibrant community. Parks, trails, playgrounds and schools are full of children and youth.

The population boom also comes with concerns about its effect on the community. The District wants to ensure that the community evolves in a healthy way. To do this they are building partnerships and generating awareness of how planning decisions including land use and transportation influence the choices residents make every day.

### Community Story Snapshot

CATEGORY: Capacity Building

INNOVATION: Long term planning

LOCAL GOVERNMENT: District of Squamish

PARTNER: Vancouver Coastal Health

COLLABORATION: Healthy Communities

Collaboration Agreement

### Adaptive Learning and Action

Collaboration with the regional health authority, Vancouver Coastal Health (VCH), has increased the District's capacity.

In March 2015 the District of Squamish Council endorsed a Healthy Communities Collaboration Agreement with VCH. The update to the Official Community Plan (OCP) has emerged as an important project.

Together they have identified three main focus areas for local action. Food Security, a priority area, is being addressed to advance the Squamish Food Charter and develop the Food Policy and Food Systems strategies. The District's Active Transportation Plan is an initiative to identify infrastructure priorities for safer streets and to promote a walkability and bikeability, manage congestion and reduce emissions as the town grows. These initiatives along with early childhood development are all being brought into the upcoming OCP review.

Sarah McNamee, planner for the District said, "The key project for us with Vancouver Coastal Health is the Official Community Plan - that is top of the list. As we're seeing accelerating growth, and shifting demographics with a significant cohort of children and families, we need to ensure we are recognizing and supporting these needs for an age-friendly plan."

BC Local Government Healthy Community Story



# INITIAL PRIORITY ACTION AREAS 2015-2018

Active  
Transportation

Early Childhood  
Development

Food Systems



Squamish Healthy Built + Social Environments

# COLLABORATION OUTCOMES + BENEFITS

- Strong health policy foundation (OCP)
- Staff capacity building + community relationships (internal, external)
- Data sharing, analysis for better informed, evidence based decisions
- Resources + grant funding
- Broadening collaborations + joint efforts with Squamish Nation + SD48 (Healthy Schools Network)
- Regional health initiatives, forums





# OCP HEALTH DEEP DIVES





# Vision

**The Vision for Squamish2040 sets the foundation for the Plan. A clear, shared vision defines and brings meaning to what's important for our future.**

In 2040, Squamish is a vibrant, inclusive, connected coastal mountain community with a big heart and a small town spirit. At nature's doorstep, Squamish is a leader and steward, sustaining ecological and human health while supporting resilient neighbourhoods and a thriving, diverse economy for all.



## #SQUAMISH 2040

Official Community Plan  
Bylaw 2500, 2016

DISTRICT OF  
SQUAMISH

**OFFICIAL  
COMMUNITY  
PLAN**

Schedule "A"



[squamish.ca/OCP](http://squamish.ca/OCP)



# PRIORITY ACTION AREAS 2019-21

## Where do we go from here?

### Ongoing / Continued

- ✓ Healthy OCP Implementation + indicators monitoring
- ✓ Children + Youth development
- ✓ Food Security/Healthy Eating
- ✓ Accessibility + Mobility
- ✓ **Social Connections\***

### New / Emerging

- Substance Use + Mental Health
- Health Impact Review in Land Use + Development Planning
- My Health My Community Survey 2.0 Engagement



1. Socio-demographic

2. Health status

3. Lifestyle

4. Health care access

5. Built environment

6. Community belonging



## SURVEY Questions

{ Understand the burden & determinants of chronic disease

{ Address current & emerging needs and develop more effective prevention

{ Partner with local governments & community organizations to create health-promoting environments

{ Advocate for healthy public policies that reduce inequities and improve wellness

4





# MHMC 2.0 - Squamish

- ✓ Survey Launch Fall 2019
- ✓ Greater local participation means potential for neighbourhood-level data
- ✓ Target participation 4% of population >18years
- ✓ Need health champions to speak out for health
- ✓ Work with VCH on community engagement strategy + promotion

## Squamish Community Health Profile



This report provides an overview of health and wellness in Squamish that will give residents, community agencies and local governments a better understanding of the factors influencing health in their community. Our hope is that this information will help spark community level dialogue on actions to create health promoting environments and reduce health inequities.

### HIGHLIGHTS

- Overall general and mental health is comparable to health authority and regional average, despite lower chronic disease burden.
- Positive lifestyle attributes include significantly higher physical activity rates but less desirably higher reported binge drinking.
- Excellent access to primary care in a family orientated community with a very strong sense of belonging.
- A car dependent community for daily commuting, although use of active forms of transportation for errands and accessing amenities is an area for potential improvement.
- These community level data will contribute to the partnership work on the District's official community plan.



SQUAMISH\* POPULATION 18+ YEARS (CENSUS 2011) = 13,410

\*Census agglomeration - includes Squamish, Garibaldi Highlands, Brackendale, Paradise Valley and all First Nations reserves within the geographic boundaries

### COMMUNITY DEMOGRAPHICS

GENDER		
Female		50%
Male		50%

AGE (YEARS)		
18-39		42%
40-64		51%
65+		7%

BIRTH PLACE		
Born in Canada		79%

EDUCATION		
Below high school		9%
High school		30%
Certificate or diploma		40%
University degree		21%

HOUSEHOLD INCOME		
Under \$40,000		22%
\$40,000 to \$79,999		24%
\$80,000 to \$119,999		29%
\$120,000 & above		24%

EMPLOYMENT		
Employed		79%
Not in labour force		21%
Unemployed		s

ETHNICITY		
Aboriginal		11%
Caucasian		82%
Chinese		s
South Asian		s
Other		s
s = suppressed		



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA



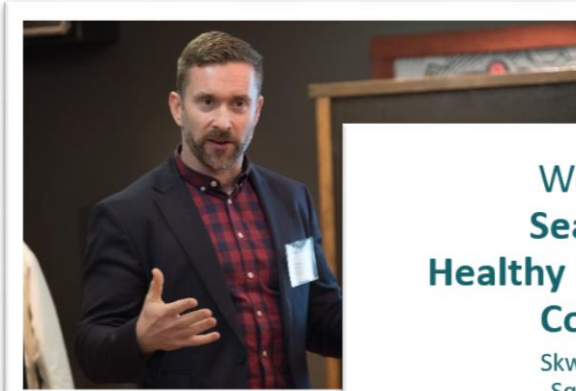
Vancouver  
coastalHealth  
Preserving wellness. Restoring care.

myhealthmycommunity.org



# SEA TO SKY HEALTHY COMMUNITIES CONGRESS 2019

- **SAVE THE DATE!**
- **May 16 2019 – Furry Creek**
- All are encouraged to attend
- Purpose + Outcomes
- Preliminary Program



## Welcome Sea to Sky Healthy Communities Congress

Skwxwú7mesh  
Squamish BC



November 16, 2017  
1:00 – 4:30 PM  
Howe Sound Brew Pub

### Keynote Presentation

**Poverty, Economic Insecurity and  
Building Healthy Communities in  
the Sea to Sky Corridor**

Seth Klein, Canadian Center for Policy Alternatives



# PURPOSE + RECOMMENDATIONS

**THAT** the District of Squamish renew its Healthy Community Collaboration Agreement with Vancouver Coastal Health for 2019-2021;

**AND THAT** subject to input received at the April 9, 2019 joint meeting, District staff finalize the Healthy Community Collaboration Agreement and continue to progress identified joint initiatives.

THANK YOU.