



Healthy Living and Healthy Communities are two of the 21 core programs that were earmarked for a provincial initiative designed to strengthen the public health infrastructure of health authorities with an evidence-based core functions framework.

The Healthy Communities and Healthy Living performance improvement plans were combined into a single one, as a means of implementing healthy living strategies within healthy community settings.

The overall goal of the Healthy Communities core program is to improve the health, well being and quality of life of people, where they live, learn, work and play, by:

- Supporting positive “health promoting” environments for all citizens of BC, by facilitating healthy local governments, schools, workplaces, and healthcare systems;
- Enhancing the health of vulnerable communities at high-risk for poor health;
- Providing surveillance, monitoring and evaluation of healthy community programs.

The overall goal of the Healthy Living core program is to increase healthy behaviours among British Columbians by:

- Increasing supports for healthy living choices with an integrated systemic approach at the individual, family, community and regional level;
- Preventing and reducing high-risk behaviours, including tobacco use, unhealthy eating, and physical inactivity particularly among young people and vulnerable individuals and groups;
- Enhancing surveillance, monitoring and evaluation of healthy living trends and interventions.

This Performance Improvement Plan focuses on the areas of Leadership and Strategic Direction, Integrated Healthy Living and Healthy Workplace Strategies, Advocacy and Community Development and Surveillance, Evaluation and Monitoring. These areas were chosen as they provide greatest opportunity for improvement. Actions in these areas have the greatest potential for success as they are expected to yield the greatest impact on population health while making the best use of existing Fraser Health resources.



**Performance Improvement Targets – 1) Leadership and Strategic Direction**

Goal/Outcome	Indicator	Outputs	Time Period
<p>-To facilitate healthy communities by increasing FH collaboration, advocacy and relationship building with local governments and schools.</p> <p>-To provide coordination and leadership in the development and implementation of Healthy Living strategies and initiatives within key community settings in Fraser Health.</p>	<p>Healthy Communities/ Healthy Living guiding statement created.</p> <p>Healthy Communities/ Healthy Living strategic plan created and includes:</p> <ul style="list-style-type: none"> <li>• Consultation across program areas.</li> <li>• Priority areas for funding.</li> <li>• Evidence-based prioritization criteria for program/ service delivery and decision making</li> <li>• Performance measures.</li> </ul> <p>Consolidated communication plan for tobacco control, healthy eating and physical activity created and includes:</p> <ul style="list-style-type: none"> <li>• Internal (intranet, newsletters)</li> <li>• External (internet, media)</li> </ul>	<p>Guiding statement</p> <p>Strategic plan</p> <p>Consolidated communication plan Quarterly communications</p>	<p>May 2008</p> <p>March 31, 2009</p> <p>Sept 2008 Starting Oct 2008</p>



**Performance Improvement Targets – 2) Integrated Healthy Living and Healthy Workplace Strategies**

Goal/Outcome	Indicator	Outputs	Time Period
<p>-To begin the implementation of integrated FH Healthy Living strategies starting with at-risk populations.</p>	<p>Integrated healthy living risk factor approach for Mental Health and Addictions (MHA) clients created and includes:</p> <ul style="list-style-type: none"> <li>• Baseline data and environmental scan of current activities for MHA.</li> <li>• Framework and implementation strategy.</li> </ul>	<p>MHA strategy implemented</p>	<p>Sept 2009</p>
<p>- To strengthen existing Healthy Living strategies for tobacco control, healthy eating and physical activity within the FH organization, and promote a healthy workplace community.</p>	<p>Integrated healthy living risk factor intervention implemented in one Aboriginal community and includes:</p> <ul style="list-style-type: none"> <li>• Measurement and Evaluation Framework</li> </ul> <p>Evaluation Report for 2007/08 Act Now Pilot Challenge created and includes:</p> <ul style="list-style-type: none"> <li>• Comparison of pre and post Challenge survey results and recommendations for sustainability.</li> </ul> <p>FH “smoke-free” policy implemented and evaluated and includes:</p> <ul style="list-style-type: none"> <li>• Tracking of cessation attempts by staff and program compliance.</li> </ul>	<p>Aboriginal Health strategy implemented and baseline measures completed</p> <p>Evaluation Report for 2007/08 Act Now Pilot Challenge 2008/09 Act Now Challenge implemented</p> <p>Policy fully implemented Mid-Term Evaluation Report on the policy implementation</p>	<p>Oct 2009</p> <p>Nov 2008 March 2009</p> <p>March 2009 Dec 2008</p>



**Performance Improvement Targets – 3) Advocacy and Community Development**

Goal/Outcome	Indicator	Outputs	Time Period
<p>To facilitate healthy schools and healthy local governments with coordinated advocacy and targeted collaboration.</p>	<p>FH advocacy strategy created and includes:</p> <ul style="list-style-type: none"> <li>• Purpose, structure and role of Healthy Living advocacy.</li> <li>• Inventory of evidence based approaches to healthy living advocacy</li> <li>• Gap analysis comparing the inventory with current FH approaches and providing recommendations for targeted advocacy strategies</li> <li>• Inventory of existing school board and local government relationships and strategic recommendations for ongoing relationship building.</li> <li>• Clear links / communication lines between advocacy team and FH community development groups (e.g., Community Health Partnerships proposed by the FH Municipal Government Advisory Council).</li> </ul>	<p>Advocacy strategy document</p>	<p>Sept 2009</p>
	<p>Targeted advocacy strategy implemented and assessed for one FH population group.</p>	<p>Targeted advocacy strategy implemented</p>	<p>Oct 2009</p>
	<p>Baseline School and Local Government Report created and includes:</p> <ul style="list-style-type: none"> <li>-FH school boards and local governments with policies supporting health promotion.</li> <li>-FH school boards participating in health promotion related community assessments.</li> </ul>	<p>Survey to assess effectiveness of targeted advocacy strategy Baseline Report</p>	<p>Oct 2010</p>
	<p>Baseline School and Local Government Report created and includes:</p> <ul style="list-style-type: none"> <li>-FH school boards and local governments with policies supporting health promotion.</li> <li>-FH school boards participating in health promotion related community assessments.</li> </ul>	<p>Baseline Report</p>	<p>Sept 2009</p>
	<p>Community developers' role clearly defined. Community development skills required by health professionals for their role defined and training completed for priority groups.</p>	<p>Role definition document Priority group training implemented</p>	<p>Sept 2009</p>
			<p>Oct 2009</p>



**Performance Improvement Targets — 4) Surveillance, Evaluation and Monitoring**

Goal/Outcome	Indicator	Outputs	Time Period
<p>-To enhance evaluation and monitoring of existing healthy living programs.</p> <p>- To increase the tracking and dissemination of community trends and patterns, beginning with an emphasis on healthy living indicators for local governments and schools.</p>	<p>Evaluation framework for Healthy Living created and implemented.</p> <p>-Tobacco Control and Physical Activity/ In Motion programs have been evaluated using the framework.</p> <p>-Healthy Eating and Healthy Weights programs have been evaluated using the framework.</p> <p>Tracking includes:</p> <ul style="list-style-type: none"> <li>• HA chronic disease patterns</li> <li>• Risk factor patterns and burden</li> <li>• Monitoring of smoking cessation/ population exposure to second hand tobacco smoke</li> <li>• Monitoring of enforcement of tobacco sales legislation</li> </ul>	<p>Evaluation framework</p> <p>Healthy communities measures and indicators tracked</p>	<p>Dec 2009</p> <p>Sept 2010</p> <p>Sept 2011</p> <p>Jan 2009</p>