



How Does the Community Health Assessment (CHA) Process Happen?

Part 3

Being the best one can be mentally, emotionally, spiritually and physically is the true definition of health. To arrive at this ultimate state of well-being, a complex set of factors interact to influence health. These factors, or determinants of health, include: income, social status, support networks, education, working conditions, employment, lifestyle choices, access to health services, genetics, culture, and gender.

The Community Health Assessment (CHA) presently underway in North Eastman is a process that provides us with an informative picture of the *overall* health of people in the region. The objective of the CHA is to identify community health strengths and needs, examine contributing factors, and establish health priorities/objectives. Armed with this information, NEHA and its community partners can implement or improve policies, programs, and services, as well as advocate for resources targeted at improving the community health status and quality of life for residents of the region.

Who is the CHA TEAM?

A successful Community Health Assessment is all about team work: T.E.A.M. – Together Everyone Achieves More. The NEHA CHA Lead is Dr Bunmi Fatoye, with Suzanne Dick as Project Coordinator. Together with a dedicated team of health care professionals, partners and community members, they are working hard to create a healthier North Eastman and a successful CHA process.

Where does information for the CHA come from?

Information needed for the CHA is collected from a variety of sources including Manitoba Health, Health Canada, and local community consultations. This fall, members of the NEHA CHA team will be talking to people in the community about factors that affect health. Community members will be invited to provide their input in a variety of ways, including: participating in focus groups, personal conversations, surveys, questionnaires, and community meetings.

This input is essential to help identify what the health priorities are at the community and district levels. It assists health planners understand the 'why' behind health trends, providing insight that numbers alone cannot. Community input also increases the likelihood that the CHA will be relevant to the health planners and the probability that users of the information will trust the findings that arise from the assessment.

Sharing Information

The 2008/09 CHA process will conclude with a written report submitted to Manitoba Health. All CHA reports are public documents available to community members and partners to view. The 2003 CHA report and summary can be found on the NEHA website www.neha.mb.ca or by visiting your local library. Feedback to the community and partners regarding the ongoing 2008-2009 CHA, will be provided in the spring of 2009.

If you have any questions regarding the CHA, please call our toll free number at 1-877-753-2012.

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