

## What is Health?

Health is not limited to physical health but includes mental, emotional and spiritual wellbeing. Many factors influence health (determinants of health):

- income
- family and friends
- education
- working conditions
- a safe place to live
- lifestyle choices
- healthy child development
- culture
- gender
- available health services
- the genes we were born with



## What is Community?

Community refers to you, and all residents who live within the North Eastman Region. Communities can be defined not only by where we live but by the different groups we belong to. The CHA helps us work together to create healthy communities in North Eastman.

## To find out more information about this project...



Call (toll free): 1-877-753-2012



**Dr. Bunmi Fatoye**  
CHA Lead



**Suzanne Dick**  
Project Coordinator

The CHA is a team effort. Health care professionals, community partners and community members from all over the Region join with the CHA teams in carrying out the **Community Health Assessment**.

*"Working together to create a healthy North Eastman"*



North Eastman Health Association

## Community Health Assessment

(CHA)  
2008-2009





## What is a Community Health Assessment?

A Community Health Assessment is a summary of information gathered that gives a picture of the overall health of the people in our Region. Assessing community health needs is a necessary part of the health planning cycle for all Manitoba health regions.

## Why is it important to do a Community Health Assessment?

A Community Health Assessment describes the health status of North Eastman residents and allows the tracking of changes in health status over time. The information is used by health planners at the provincial, regional and district levels. The objective is to make sure that programs and services are designed to improve the community health status and quality of life for residents of the North Eastman region.

The Community Health Assessment is a public document and available to community partners to use in the planning of their programs and services.

Individual community members can access the 2003 report and the summary on the NEHA website [www.neha.mb.ca](http://www.neha.mb.ca) or by visiting your local library.

The CHA influences strategic planning that has resulted in **positive changes** in health care! Here are some examples of how the CHA and other reports have been used to enhance programs and services in North Eastman.

- Cancer Care program established at Pinawa Hospital
- More full-time/part-time Emergency Medical Services Staff
- Enhanced access to Health Links
- Increased access to Audiology Services & reduced wait times
- Enhanced Suicide Prevention Initiatives
- Nurse Practitioners providing Primary Care Services in Black River and Hollow Water

- Participation in the proposal for transitional/emergency housing in the Region
- Established Diabetes Care Teams in four communities
- Developed a partnership with Hollow Water First Nation for Public Health Nursing Services
- Developed a Diabetes Education Resource Website in partnership with Manitoba Telehealth



## When is a Community Health Assessment done?

Every five years, all Health Regions in the province are required by Manitoba Health to complete a Community Health Assessment and Report.

## How is information collected?

**Community Consultations** - Over the next year, we will be reaching out to talk with people in the community about factors that affect health. This may be done through:

- Surveys
- Meetings
- Focus groups
- Questionnaires
- Personal conversations



Information gathered from any community consultation method is summarized as a group, therefore no names or other ways to identify a person are used in the reports.

**Information** – Information is collected from a variety of sources such as Manitoba Health and Health Canada.