

Report on the Regional Forum on Healthy and Inclusive communities



**JMH Consultations
et développement**



Miramichi - Kent

November 2013 – Rogersville, N.B.





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I. Introduction

Under the leadership of the Regional Wellness Consultant, Ms. Lucie Chiasson, and with the cooperation of a variety of stakeholders in the Kent and Miramichi region, a Forum was organized in Rogersville to help renew the current strategic plan for wellness. The main objective of the Forum was to discuss the many existing activities, the challenges and obviously the solutions regarding wellness in both the Miramichi and Kent regions.

The Forum brought together individuals from an array of sectors that had an interest in improving eating habits, increasing physical activity or contributing to any other area of wellness in order to create more healthy and inclusive communities.

This document is a summary of the discussions and interactions between participants during the dynamic exchange workshop and the plenary session.

The list of registered participants and the agenda for the day are included in the [appendixes](#).





A special thanks to Mélanie Arsenault who was the MC for the day





II. Objectives of the Forum: [\(Table of contents\)](#)

The Forum was part of the strategic planning renewal efforts of the Department of Healthy and Inclusive Communities' Wellness Branch. The participants were informed of this, as well as of the other objectives of the Forum which were:

- Inform participants of best practices relating to Wellness in both regions.
- Inform the population of Wellness initiatives.
- Create an opportunity for networking.
- Demonstrate the current engagement level and strengths relating to Wellness within the region and leverage them to pursue their development.
- Determine and define the main areas for development as well as challenges faced in the region.

The detailed agenda of the Forum is attached as Appendix I. [Outline for the day](#)





III. Organizers and the Forum: [\(Table of contents\)](#)

The organizing committee was composed of the following individuals:

Lucie Chiasson	Lisa Allain
Anne D Stewart	Mélanie Arsenault
Danika Brideau	Michele Bushey
Colette Lacroix	Mélanie Goguen
Rachel Hébert	Darlene MacDonald
Carole Martin	Renée Murphy
Lisa Tanner	Patricia Murphy
Ginette Pellerin	Rébeka Frazer-Chiasson
Érica Robichaud	Érica Silliker
Marc Henrie	Angèle McCaie

The Forum's agenda included a variety of presentations, activities, workshops as well as a plenary session. The detailed agenda is available in the appendixes.

A training session was offered to the workshop facilitators prior to the Forum. This was done to explain their role as facilitators, the particulars of the workshops and the importance of their note taking duties and of the strategic musical chair system¹ chosen for the session. The majority of the facilitators participated in the training and all of the guides did an exceptional job during the day.

¹ This system, a JMH Consultations concept, will be explained in the Methodology section.





These facilitators were:

Aline Allain Doiron	Louise Lebel
Carmelle Richard	Bruno Poirier
Anne-Renée St-Pierre	Érica Robichaud
Lucie Chiasson	Lise Richard

A special thank you to all these facilitators, because without them the task of note taking would have been near impossible.

Other special thanks go out to key partners that were involved in the organization. Without their help, this Forum would not have been as great a success.

- The Village of Rogersville
- Government of New-Brunswick
- The Northumberland Wellness Network





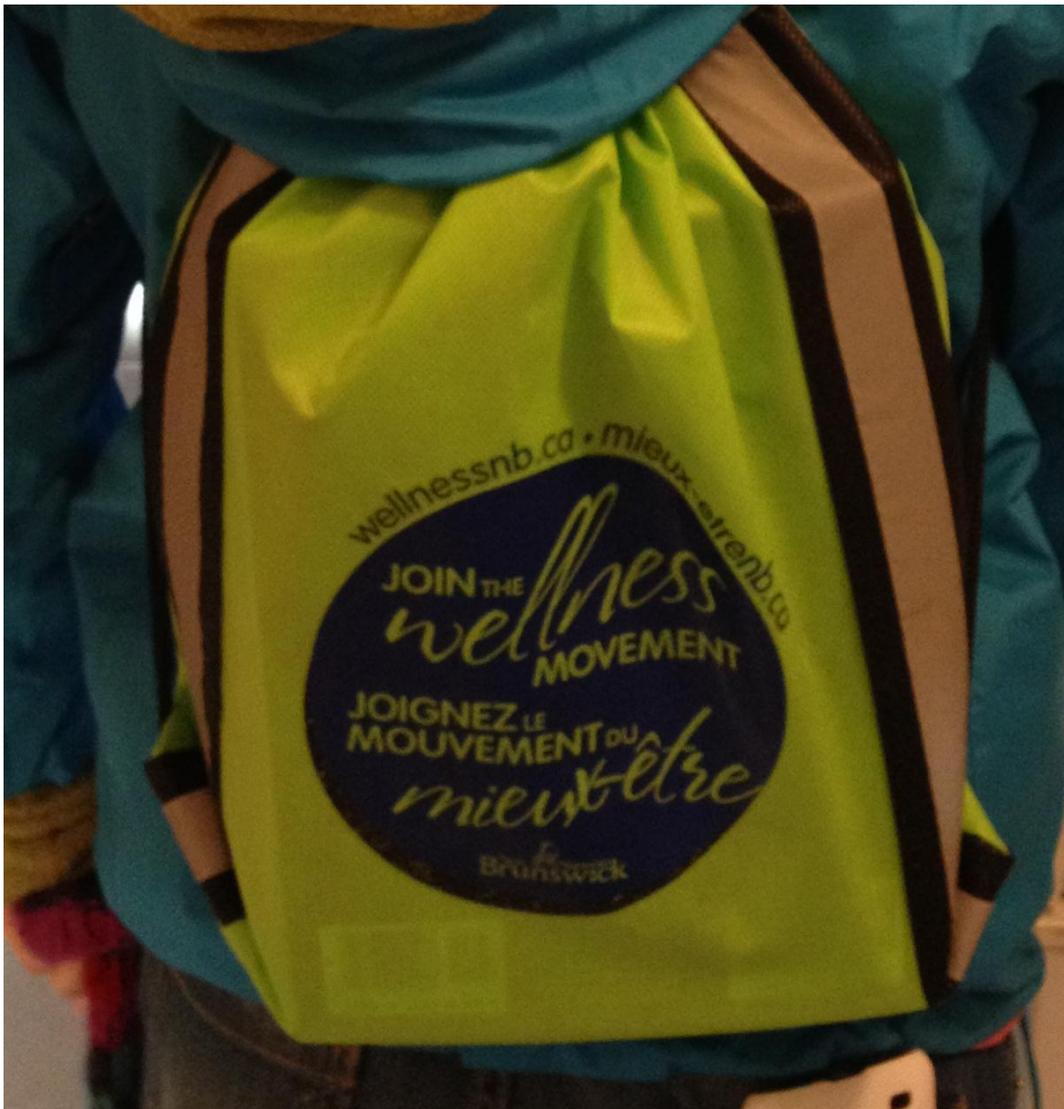
IV. Communication and participation: [\(Table of contents\)](#)

A communication campaign was undertaken in order to encourage as many people as possible from the Kent and Miramichi regions to participate in the Forum. A save-the-date invitation, a detailed publicity as well as a final reminder regarding the Forum were sent to all known stakeholders within community networks relating directly or indirectly to Wellness.

A total of 75 individuals took part in this Forum and their names can be found in Appendix 2

There were no registration fees, which no doubt helped attract as many participants as possible from all areas.







I. Methodology: [\(Table of contents\)](#)

During the forum workshops, a strategic calculation methodology comprised of strategically planned questions aiming to diversify the stakeholder interventions was used. This method allows the optimal gathering of opinions from all participants on all subjects in the most-timely manner possible.

The proposition from the consultant to use this model was based on the complexity and diversity of the terminology references of the Department of Healthy and Inclusive Communities' Wellness Branch. The idea was to interconnect the discussions by sectors, specific groups and pillars.²

The participants were first divided in two regions (Miramichi and Kent), then each regional group was divided into four groups and each group was then assigned a table (for a total of 8 tables). For the first round table discussion, all the groups were strategically divided into target groups based on their experience or their work related mandate³. The first discussion was to situate the strengths, challenges and solutions for all target groups: Youth, Poverty or Seniors.

The generic questions for the workshop given to each table were identical, but the answers differed based on the subject being discussed at each table. (Questions asked by facilitators appear in the table below.)

² See table 1 that shows the sectors, the target groups and the pillars commonly used by the Department of Healthy and Inclusive Communities.

³ Due to an insufficient representation among participants for the target group of handicapped persons, there were two round tables regarding youth and none regarding handicapped persons, for both regions.





Questions for each round table during the workshop:

Question 1- What do you perceive to be the assets/strengths within our region that contribute to Wellness?

Question 2 - From your perspective, what are the gaps and challenges that need to be addressed in order to improve Wellness within our region?

Question 3 - For each of the 3 main gaps/challenges identified, what do you think needs to happen for those gaps to be filled? For those challenges to be overcome?

Afterwards, members of each group were rotated in order to change the composition of each round table within each region. Four round table activities with each table being comprised of different members each round were held after the initial round regarding the pillars⁴.

⁴ Each participant started the workshop with a discussion regarding one of the target groups and moved on to 4 different discussions regarding the four pillars which are: Tobacco free living, Physical activity, Healthy eating and Mental fitness.





Lucie Chiasson taking notes at one of the round tables





Sectors	<ul style="list-style-type: none">•Family•Community•Work environment•School
Target Groups	<ul style="list-style-type: none">•Seniors•Disabled persons•Poverty•Youth
Pillars	<ul style="list-style-type: none">•Tobacco Free Living•Physical Activity•Healty Eating•Mental Fitness

Table 1



Rhéal Hébert, a teacher, gives a presentation during the Forum





II. Situational Awareness based on Target Groups: [\(Table of content\)](#)

The first series of round table discussions was regarding strategic planning for each target group.

During this workshop, the participants had to answer the three questions mentioned above based on their specific subject.

The following pages present the comments and suggestions gathered by the facilitators of the tables based on target groups.





Kent Region

Youth	
Strengths in our Region	<ul style="list-style-type: none">- There are many activities and programs that have started within the educational arena since the arrival of the Entrepreneurial schools.<ul style="list-style-type: none">○ Entrepreneurial Projects○ « Réseau cafétéria communautaire »○ <i>Sport plus</i>○ Many extra-curricular activities supported by the community development officers in the schools.- There is lots of space as well as a positive environment in our region.- If you can get there, there are many recreational facilities.
Challenges within our Region	<ul style="list-style-type: none">- The distance to travel to access services and infrastructures.- Education and revenue levels are low- There is a lack of transportation for those who do not have a car.- School dropout numbers are still high.- Volunteers are being pushed to the limit when it comes to youth activities as the expectations are more and more demanding.





Kent Region

Seniors

Strengths in our Region

- There are many large social networks established in our communities: (Golden Age Clubs, churches, Programs like « *Grouille ou Rouille* »).
- There are senior care homes in several communities.
- There is help at home for less mobile individuals

Challenges within our Region

- Isolation
- Missing some diversity in the activities
- Public transportation options for people with mobility issues basically non existent

Poverty

Strengths in our Region

- Variety of programs, community organizations and services in some of our communities (shelter, donations, food, clothes, furniture, etc.)
- Committee for food safety
- New Kent public transit program
- Communities do support activities to help people in need.

Challenges within our Region

- Isolation
- Lack of jobs
- Low reading skills
- Aging population
- Our region is very big geographically
- Transportation
- Lack of resources for the aboriginal







Miramichi Region

Youth

Strengths in our Region

- Many facilities in some areas (arena, pool, Track, Theatre, etc.)
- Volunteers and parents help out for sports and other program in schools
- There are some after class programs as well as a breakfast program for Youth.

Challenges within our Region

- There should be more mentorship programs in schools like the Boomerang Program.
- Parents rely too heavily on teachers to educate their children.
- Registrations and many fees can become barriers for some families to participate in activities.
- Students are often working and can't participate in extracurricular activities.
- There is a need for more recreation centers for kids.
- There is a lack of resources for smoking and mental health geared towards youth.
- There needs to be more programs for youth not involved in sports.
- There should be more none competitive sports and these should be promoted.





Miramichi Region

Seniors

Strengths in our Region

- Other than Miramichi, the rest of the region is made up of small communities where everyone knows each other, this helps with communication.
- Well established Infrastructures for seniors in the community. (Golden age club)
- There is an increased focus and awareness on senior issues.

Challenges within our Region

- Isolation in smaller and aboriginal communities.
- There is a lack of education for caregivers; families should encourage senior's mobility.
- There is a lack of awareness of mental health issues
- Lack of transportation for seniors and restrict access to services.





Miramichi Region

Poverty

Strengths in our Region

- There are many programs like food banks, collective kitchens and soup kitchens.
- Church groups provide support to many in need in the community.
- Provincial department of Social development can provide help for people in need.

Challenges within our Region

- There needs to be more education given to people in need so they can integrate and participate in the workforce.
- Not having people living in poverty participating in the solutions to eliminate poverty is not giving decision makers a global understanding of the situation and therefore not always helping in findings practical solutions.
- There are many needs that are not addressed for early childhood (more so on aboriginal reserves).







III. Global Discussion on Wellness: [\(Table of contents\)](#)

The second part of the round table discussion is focused on the pillars that were mentioned previously. During these round table discussions, all participants had the chance to express themselves on all subjects with different stakeholders for each subject.

The next pages show the comments and suggestions that were discussed by the participants regarding the different subjects.





Kent Region

Tobacco Free Living	
Strengths in our Region	<ul style="list-style-type: none">- The Ottawa Model used in Rogersville seems to be working well.- There seems to be more (per capita) youths involved in an outdoor activity which does not motivate smoking.- There is a program to encourage Tobacco Free Living in the Aboriginal communities.- Anti-tobacco promotion does exist in the schools and public networks.- Societal trends have changed (it isn't cool to smoke now)
Challenges within our Region	<ul style="list-style-type: none">- There is still a need for more resources to inform kids about tobacco and specially pre-teens.- Lack of information given to the parents that is then not transmitted to kids.- Access to cigarettes is too easy for kids.- Tobacco industry still promoting.- Pot smoking seems to promote cigarettes.- Illegal cigarette make them more accessible.





Kent Region

Healthy Eating

Strengths in our Region

- The community cafeteria project within the Francophone South District is a big success.
- Community gardens
- The veggie baskets available.
- Soup kitchen help feed the people in need.
- We still have a fair amount of farmers in our region.
- There seems to be interest and a growing trend to return to the roots, the land, good fresh and local food

Challenges within our Region

- There is a lack of education regarding nutrition.
- Most canteens and public events serve junk food.
- The majority of the restaurants in the region are take-outs serving greasy foods.
- Distributor machines offer junk as well.
- We have an overweight and obese population.
- Our grocery stores do not encourage enough local food.
- Energy drinks are a big concern
- The price of healthy food is relatively higher than the price of junk food.







Kent Region

Physical Activity

Strengths in our Region

- The Sport plus program is a success in the Grande-Digue region.
- The daily morning walk in Saint-Paul was envied by health professionals.
- Some intramural sport programs are offered in school.
- Programs and funds are available to help (ASSA, Para NB, Jump Start, «Fondation Maurice Léger», Recreation NB, Active communities, etc.)
- We have many installations in our region (bowling, pool, curling, arenas, multipurpose center, etc.)
- Bouctouche has a leisure director (hired staff ensures continuity).

Challenges within our Region

- Seasonal aspect does limit.
- Mobility is necessary to access infrastructure.
- Lack of volunteers and experts in our region to promote physical activity and help organise it.
- No inventory of collective resources in Kent to know what is going on, when and where, communication is lacking.
- There is a sense of competition that needs to change to collaboration
- The rural reality creates a lack of diversity in programs and activities.
- Lack of volunteers to create and ensure continuity in programs.
- Not all sports are accessible to all because of financial requirements.





Kent Region

Mental Fitness

Strengths in our Region

- There is a strong sense of belonging in our communities
- There are community groups and public services available like Family resource center, mental health office, the churches, the Golden age clubs, etc.
- Many programs exist such as after class sports, « *Grouille ou Rouille* », pre-kindergarten programs, etc.
- Community support is there.
- In schools, certain programs like FPS (in French schools) help increase Youth's resiliency.

Challenges within our Region

- There is a big need for education and awareness related to mental fitness.
- There is more and more cyber-bullying.
- Violence and drug use doesn't help.
- There a lack of resources for people that has a mental health problem.
- Isolation and lack of transportation makes situation worse.
- Without transport and work, there is a lack of empowerment that tends to diminish resilience.







Miramichi Region

Tobacco Free Living	
Strengths in our Region	<ul style="list-style-type: none">- Programs like the Ottawa model tested and proven in Rogersville helped many people say goodbye to their cigarettes.- Clinics exist to do follow up for people who want to quit smoking.- There is much promotion showing the negative effects of smoking.
Challenges within our Region	<ul style="list-style-type: none">- Not many subsidies exist for helping people quit smoking.- Promotion for quitting smoking is focused on the negative side of smoking, but not enough emphasis on the benefits of not smoking.





Miramichi Region

Healthy Eating

Strengths in our Region

- Many groups and organizations that support or foster healthy eating like farmer markets, community gardens, school breakfast programs, prenatal nutrition program, food security network, Mango and healthy learners.
- Technology makes information on healthy eating more accessible.
- More dieticians than ever that you can talk to for help.
- Community food baskets make good food accessible and more affordable.

Challenges within our Region

- Junk food is cheap and healthy food is expensive.
- Lack of education for healthy eating, because it's hard to compete with large scale marketing campaigns led by junk food giants.
- We live in a fast food culture.
- More health coaches and mentors are needed in all areas.





Miramichi Region

Physical Activity

Strengths in our Region

- Many recreational infrastructures exist in our communities.
- Programs and activities such as organised sports, after school programs, running clubs, biking clubs, etc. do exist.
- Some Wellness grants are available.

Challenges within our Region

- There is a huge competition between neighbouring communities that are next to each other and the boundaries are limiting collaboration among citizens. This situation discourages those who could help.
- Lack of knowledge regarding how to achieve physical activity.
- We do not use the natural bodies of water in our region to their full potential for activities such as canoeing, dragon boat racing and swimming.
- Most activities have an associated cost, which sometimes renders them inaccessible.





Miramichi Region

Mental Fitness

Strengths in our Region

- Some resources are available in schools, health authorities and through other provincial programs.
- Strong sense of belonging in our communities as well to the culture.
- Workplace wellness on the rise.

Challenges within our Region

- There isn't enough continuity within government programs that support mental fitness.
- Long waiting list for services in area of mental health.
- Access to services is not given to everyone.
- Lack of awareness regarding mental health which creates too many stigmas.





IV. Priorities and Identified Needs: [\(Table of contents\)](#)

During the afternoon plenary session, the groups were invited to share their discussions during the round tables while highlighting the priorities and actions needed to improve Wellness in the Miramichi and Kent Region.

Their priorities, suggestions and thoughts are presented below.

As you will see, they were divided by region, by target group and pillar.⁵



Michelina Mancuso presents research done for both regions

⁵ A reminder that target groups and pillars are described in detail on page 8, under Methodology.





Kent Region	
Target Groups	Priorities and Suggestions
Youth	<ul style="list-style-type: none">- Schools should have Health and Wellness committees- There is be a lot of potential to maximize the use of resources with better regional collaboration
Seniors	<ul style="list-style-type: none">- Regional collaboration among organisations could allow for better use of resources regarding services for seniors.- Creation of new government programs and clear communication regarding them in order to encourage senior independence.
Living in Poverty	<ul style="list-style-type: none">- We need to educate and inform the population about poverty and the impacts it has on society.- A strategic plan is needed in the region to discuss economic development, integration of people, volunteers and services.- We need to engage youth, include them and mostly educate them. (create some courses to establish links with partners)- A form of decentralization needs to happen so services are reaching out to people rather than people needing to reach out for services.





Miramichi Region	
Target Groups	Priorities and Suggestions
Youth	<ul style="list-style-type: none">- Seniors should be working with youth- There needs to be more partnerships between all stakeholders: provincial and municipal governments and businesses.- There needs to be more places for youth to go.- Miramichi region needs a YMCA or an establishment offering similar programs within a similar setting.- There need to be more communication to parents and kids by various means to inform of all the activities and programs available in the region.
Seniors	<ul style="list-style-type: none">- Seniors need to be consulted and their participation is part of the solution.- A senior literacy strategy needs to be considered.- When it comes to seniors, categorization of levels of autonomy should be based on age or competencies.





Miramichi Region	
Target Groups	Priorities and Suggestions
Living in Poverty	<ul style="list-style-type: none">- There needs to be more respect to people who are looking for help from the service provider (all providers).- Increasing accessibility to better and more affordable food.- There needs to be more partnerships and sharing of knowledge from the stakeholders that work in poverty.- Policies must be put in place by people who better understand the full meaning of poverty.- Early childhood intervention program needed (more so on aboriginal reserves).





Kent Region	
Pillars	Priorities and Suggestions
Tobacco-Free Living	<ul style="list-style-type: none">- There is still a need for positive intervention programs.- Laws need to be reinforced to reduce accessibility to cigarettes and defend the right to smoke-free air (for example, limiting access in convenience stores, and making smoking in cars with youth illegal).- There would be a win-win relationship with intergenerational collaboration as both youth and seniors would have much to teach the other generation.
Healthy Eating	<ul style="list-style-type: none">- Collaboration to increase the accessibility of quality products.- Recognition programs for youth who eat healthy.- Work towards better healthy eating policies :<ul style="list-style-type: none">○ Ban energy drinks○ Improve nutrition education○ Help support our farmers and our farm land (from small community garden to bigger farm lands)○ Develop promote and support of local Food Produced, (such as project initiated by the groupe de développement durable de Cocagne et la Coopérative la Récolte de chez-nous).





Kent Region	
Pillars	Priorities and Suggestions
Physical Activity	<ul style="list-style-type: none">- Create sports clinics.- Inter-community collaboration to obtain more funds and resources.- Identification of key people to instigate projects in communities.- Engage more youth to do some volunteers work (while also being physically active).-
Mental Fitness	<ul style="list-style-type: none">- Protect the children's rights by breaking a vicious circle if it exists- Increase human resources and accessibility to experts to improve Mental Fitness.- Create a forum for developing capacities.





Miramichi Region	
Pillars	Priorities and Suggestions
Tobacco-Free Living	<ul style="list-style-type: none">- Health professionals should be able to give suggestions and advice about quitting smoking through Medicare.- Promote the benefits of not smoking.- Financial aid should be available for those in need that want to stop smoking.- Intervention program to identify and help youth smokers could be valuable to eliminate smoking in the future.
Healthy Eating	<ul style="list-style-type: none">- Education on healthy eating must be offered in school.- Policies be put in place to support healthy eating and discourage unhealthy eating :- Taxation of junk food.- Limitation for publicity of junk food- Promote healthy cooking and good foods.
Physical Activity	<ul style="list-style-type: none">- More subsidies for families in need to be physically active.- More partnerships between recreational organizations to share resources for better and more affordable activities and less administration of all the organizations that try organizing activities.





Miramichi Region	
Pillars	Priorities and Suggestions
	-
Mental Fitness	<ul style="list-style-type: none">- There needs to be more promotion of available services and awareness to the population in general of the importance of Mental Fitness.- Partnerships within the community need to be established so efforts are efficient and the services reach the maximum number of people.- More constructive spiritual workshops and activities will help guide people to help themselves rather than letting drugs help them.- Programs that focus on prevention and intervention to help mental fitness are the ones that will have the best impact long term.
	-





V. Conclusion: [\(Table of contents\)](#)

Even though this exercise is not a census of the opinion for the Kent and Miramichi region, the Forum was a great success due to a great list of stakeholders that represented a vast group of people for their respective regions.

A particular attention should be given to the aboriginal communities of the two regions as they are often more affected by certain issues. While aboriginal communities are mentioned specifically a few times in this document, the data collection shows the importance of taking their needs into account, needs which are often more pronounced than those of other communities.

For the strategic plan, this document serves as a follow up of the recommendations that were discussed and proposed by the two region's stakeholders. It is now up to the provincial government, through the Wellness Branch, the stakeholders themselves and the communities to work together collectively and give life to these recommendations. Without actions, the words and sentences in this report of the Forum in Rogersville, will only be the story of a meeting.

For the well-being of our communities, we would like for this document to be used as the foundation to act and to improve our communities. May they progress and be healthy and inclusive.





Appendixes ([Table of contents](#))





Appendix I ([Table of contents](#))

The participant's guide:



MIRAMICHI / KENT REGIONAL FORUM

Participant Guide

Municipal building—Rogersville, New Brunswick

November 7th, 2013, 8:30 to 3:00



Kent Wellness Network





As Minister of Healthy and Inclusive Communities, it's my pleasure to welcome you to Rogersville for the Miramichi/Kent regional wellness forum.

The Department of Healthy and Inclusive Communities is responsible for promoting wellness through partnerships in our communities, schools, homes, groups and workplaces. In addition, the department provides a wide variety of sport and recreation programs and services while working with the non-profit sector and other stakeholders in order to respond to the needs of seniors, youth, people living in poverty and persons with disabilities.

We all have the opportunity to improve our personal and collective wellness. In fact, more people are joining the Wellness Movement and are making a commitment to wellness. All New Brunswickers are encouraged to adopt a healthy lifestyle that encompasses the four pillars of wellness: mental fitness and resilience, healthy eating, physical activity and tobacco-free living.

By working with individuals and our partners and by using the New Brunswick Wellness Strategy as a guide, I am confident that we will create a wellness culture in our province.

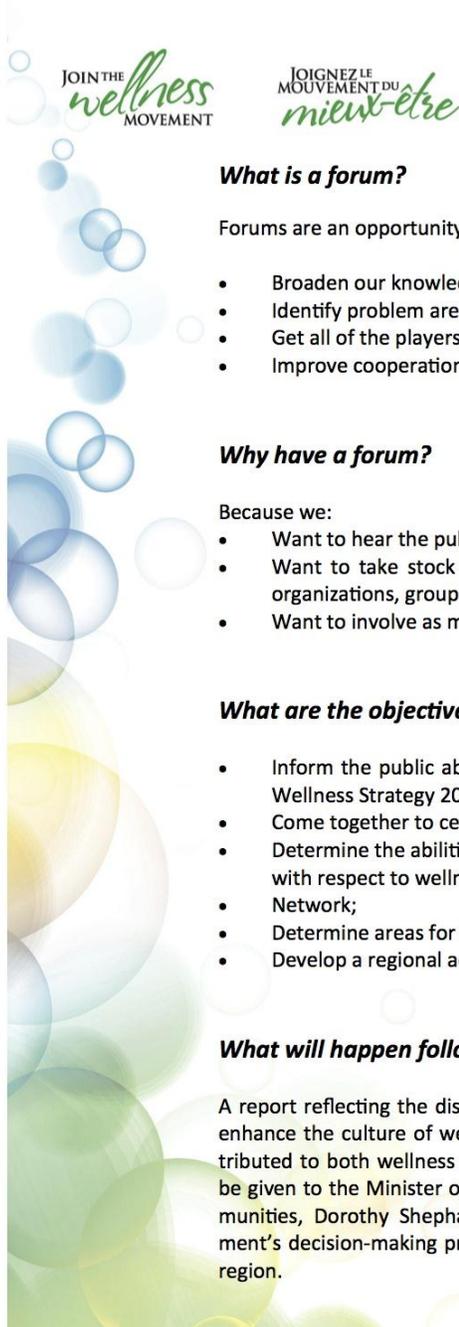
I want to thank everyone who is participating in this important forum that will allow us to define priorities and actions to improve wellness in our communities. Your efforts have not gone unnoticed, and your comments will be very useful for the wellness planning process in the province.

Finally, I want to congratulate all those who had a hand in organizing this forum, especially the members of the Miramichi and Kent Wellness Networks who worked very hard, as well as staff at the department.

On behalf of the provincial government, I wish you a stimulating and successful forum. It's by working together that we will rebuild a healthier New Brunswick.

K. Dorothy Shephard,
Minister of Healthy and Inclusive Communities





JOIN THE *wellness* MOVEMENT

JOIGNEZ LE MOUVEMENT DU *mieux-être*

What is a forum?

Forums are an opportunity to gather a wide range of views, and help:

- Broaden our knowledge on different topics;
- Identify problem areas and possible solutions;
- Get all of the players involved to engage in a discussion; and
- Improve cooperation and partnerships among the resources.

Why have a forum?

Because we:

- Want to hear the public's opinion on certain topics;
- Want to take stock of the views, opinions, wishes, and practices of residents, organizations, groups, etc.; and
- Want to involve as many people as possible in the process.

What are the objectives of this forum?

- Inform the public about the Department of Healthy and Inclusive Communities' Wellness Strategy 2009-2013;
- Come together to celebrate best practices relating to wellness in the region;
- Determine the abilities, the commitment, and the existing strengths of our region with respect to wellness, and use these to ensure continued progress;
- Network;
- Determine areas for improvement and the challenges we face in the region; and
- Develop a regional action plan on wellness based on the priorities identified.

What will happen following the Forum?

A report reflecting the discussions will be prepared to help develop an action plan to enhance the culture of wellness in the Miramichi-Kent region. This report will be distributed to both wellness networks in the Miramichi-Kent region. The report will also be given to the Minister of Healthy and Inclusive Communities, Dorothy Shephard, to support the government's decision-making processes as it pertains to our region.





[\(back to page 6\)](#)



Outline for the day

8:30

Welcome / Registration / Socialization
Elder led smudge and prayer
New Brunswick's Wellness Strategy for 2009-2013
Ten minutes of fame

10:00

Break
Miramichi and Kent Community Profiles
Ten minutes of fame
Small group discussions

12:30

Lunch
Five minutes of fame
Plenary
Five minutes of fame
Closing with prayer

Questions for the small group discussions:

What do you perceive to be the assets/strengths within our region that contribute to wellness?

From your perspective, what are the gaps and challenges that need to be addressed in order to improve wellness within our region?

For each of the 3 main gaps and challenges identified, what do you think needs to happen for those gaps to be filled? For those challenges to be overcome?





Background and contact information for guest speakers

JOIN THE
wellness
MOVEMENT

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MOUVEMENT DU
mieux-être

Lori Warren is the director of the Wellness Branch of the Department of Healthy and Inclusive Communities. Today she will present the wellness strategy and the focus on the wellness pillars as they relate to healthy lifestyles. The Strategy identifies homes, schools, communities and workplaces as key settings. There are five strategic directions through which action will occur: partnerships, capacity for community development, promotion, healthy policies, and surveillance, evaluation & research.

lori.warren@gnb.ca

Micheline Mancuso is the director of performance measures at the New-Brunswick Health Council (NBHC). She is passionate about her work and will be presenting today on the Miramichi and Kent community profiles. The NBHC is dedicated to informing New-Brunswickers' of the decisions being made within the health system, They engage them in dialogue, and to measuring and evaluating population health and quality of services.

micheline.mancuso@nbhc.ca

Maxine Caissie is the nurse and manager of the Rogersville Health Centre. She and the clinic's doctor, Basil Blanchard, have undertaken a successful smoking cessation program which has seen the success rate grow from seven to almost fifty percent. They have been recognized nationally for their commitment to the Ottawa Model- deeply rooted in community interactions, word of mouth, and one to one follow up.

maxine.caissie@horizonnb.ca (775- 2030)

Rhéal Hébert is a physical education teacher at the Grande -Digue school and the Coordinator of the Bon Départ SPORT PLUS program (Jumpstart SPORTS PLUS). The program offers after- school sports clinics and allows children to be more active, learn new sports, improve fundamental movement skills, and shape quality leaders and coaches. It is offered in grades three to eight at the Grande-Digue school. Bon Départ SPORT PLUS can also be found in the Barachois, Cap-Pelé, Shédiac, Cocagne, Saint-Antoine and Sainte-Marie schools.

Rachel Schofield Martin is coordinator of «Healthy Eating and Social Enterprise» in Francophone South School District. She is passionate about her work and is one of the pioneers of the community entrepreneurial school cafeteria at Blanche-Bourgeois School in Cocagne. Also, she is including the local produces and healthy meals in the cafeteria model. The project is based on four pillars: Education, Health, Entrepreneurial and Sustainability. This model was such a success since 2011 that it is now expanded in 20 of the 36 schools of the Francophone South School District.

rachel.schofield@nbed.nb.ca (576-5006)

New Brunswick
Nouveau Brunswick





Background and contact information for guest speakers

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JOIGNEZ LE
MOUVEMENT DU
mieux-être

Chad Duplessie is a Health Coach with the Live Well! Bien Vivre! Program. Chad works one on one with clients to help them reach their wellness goals. Chad has worked in the past with the Healthy Eating Physical Activity Coalition of NB helping to network and build capacity with our community partners. He is excited to connect the work being done by all of you to the work of the individual trying to make healthier choices.

chad.duplessie@diabetes.ca (624-4391)

Patricia Murphy is a Registered Dietitian and Certified Diabetes Educator. For the past nine years, she has been working as the Community Dietitian in Elsipogtog First Nation. Today, she will present on some of the innovative activities and initiatives of the Elsipogtog Health and Wellness Centre, a Community Health Centre that uses a holistic approach to health based on the Medicine Wheel. Over the years, they have very successfully promoted healthy and active living among the elder population.

patricia.murphy@ehwc.ca (523 8306)

Darlene MacDonald is a Public Health Nurse working with the Healthy Learners in School Program for the Anglophone North School District and the most passionate proponent of the Roots of Empathy program. The program has a baby as the « teacher » in the classroom in order to enable students to see first hand the growth and development of the baby, to learn about temperament and to become more caring citizens of tomorrow.

darlene.macdonald2@gnb.ca (778 6738)

New Brunswick
Nouveau Brunswick



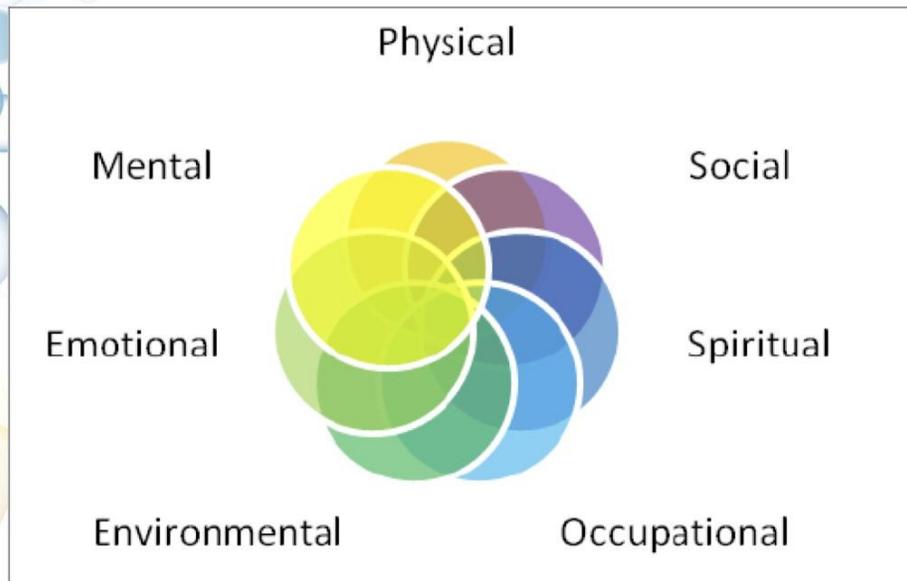


JOIN THE
wellness
MOVEMENT

JOIGNEZ LE
MOUVEMENT DU
mieux-être

What is a Wellness?

Wellness is defined as an ongoing process to enhance the many dimension of well being that enable people to reach and maintain their personal potential and contribute to their communities (Live well, be well. New Brunswick's Wellness Strategy: 2009-2013). There are seven dimensions of wellness that contribute to a person's well being.



**Kent Wellness
Network/Réseau de
Mieux-Être Kent**





The wellness of New-Brunswickers is affected by interactions between social and economic factors, the physical environment and individual behaviours. Collectively, these are known as the determinants of health and are recognized as the factors that impact our health and well being.

Income and social status – Higher social and economic status is associated with better health. In fact, these two factors seem to be the most important determinants of health.

Social environments – Social stability, recognition of diversity, safety, healthy relationships, and cohesive communities provide a supportive society that reduces or avoids many potential risks to good health.

Biology and genetic endowment – Genetic endowment provides an inherited predisposition to a wide range of individual responses that affect health status (and that in some circumstances predispose certain individuals to particular disease or health problems).

Physical environments – The air, water, and quality of food and soil have a major influence on health. In the built environment, factors related to housing, indoor air quality, and the design of communities and transportation systems can significantly influence our physical and psychological well-being.

Social support networks – Support from families, friends, and communities is associated with better health.

Culture – Some persons or groups may face additional health risks due to a socio-economic environment, which is largely determined by dominant cultural values that contribute to the perpetuation of conditions such as marginalization, stigmatization, and loss or devaluation of language and culture.

Health services – Health services, particularly those designed to maintain and promote health, to prevent disease, and to restore health and function contribute to population health.

Personal health practices and coping skills – Individuals can take action to prevent diseases and promote self-care, cope with challenges, develop self-reliance, solve problems, and make choices that enhance health.

Education and literacy – Health status improves with education and literacy, by increasing opportunities for job and income security and by helping to provide a sense of control over life.

Employment and working conditions – People who have more control over their work circumstances and fewer stress-related demands of the job are healthier. Unemployment, underemployment, and stressful or unsafe work are associated with poorer health.

Healthy child development – Experiences before birth and during early childhood have a powerful effect on brain development, school readiness, and health in later life, in addition to well-being, adaptability, and competency.

Gender – Refers to the array of society-determined roles, personality traits, attitudes, behaviours, values, relative power and influence that society ascribes to the two sexes. Each gender has its own health problems or reacts to the same problems in different ways.



(Source: Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/php/determinants/determinants-eng.php>)





Resources you might find helpful:

Miramichi & Kent Wellness Consultant (Department of Healthy & Inclusive Communities, Wellness Branch)

How we can help: Idea generation, funding, link between government and wellness networks

Lucie Chiasson, lucie.chiasson@gnb.ca (624-2123)

Miramichi & Kent Regional Consultant (Department of Healthy & Inclusive Communities, Active Communities Branch)

How we can help: Sources of funding, organizational development and partnerships related to sport, recreation and physical activity

Mélanie Arsenault, melanie.arsenault@gnb.ca (778-6688)

Miramichi & Kent Wellness Networks

How we can help: Promotion of wellness through events, articles,, partnerships and networking

Northumberland, Be Alive: Ginette Pellerin, ginette.pellerin@gnb.ca (778 -6102)

Kent: Carole Martin, carole.martin@gnb.ca (876-3535)

Community Inclusion Networks

How we can help: Connections to poverty reduction work, community development tools, sources of funding, and opportunities for dialogue.

Kent: Colette Lacroix, kentriccin@gmail.com (744- 0920)

Northumberland: Anne Renée St Pierre, cinregion7@gmail.com, 424 -1702



HEPAC (Healthy Eating Physical Activity Coalition)

How we can help: Toolkits, webinars, promotional materials, networking and professional development opportunities www.hepac.ca



MACS (Mouvement Acadien des Communautés en Santé)

How we can help: Promotion of the concept of healthy communities, sharing stories (newsletter) and community recognition « prix soleil »

macsnb@nb.sympatico.ca (727- 5667)



Mango (Horizon Health)

How we can help: Capacity building in physical activity and healthy eating, in school programs, restaurant program and networking 8 advisory committees throughout Northumberland

renee.murphy@horizonnb.ca (627-7564)

rachel.hebert2@horizonnb.ca (627 -7564)





Appendix II ([Table of contents](#))

The Forum's participants

NAME / NOM	TITLE / TITRE	AGENCY / AGENCE	REGION
Allain, Lisa	Dietitian	Public Health	Kent
Allain, Rachel	Community Schools Coordinator	District Francophone South	Kent
Arseneault, Melanie	Regional Consultant- Department of Healthy Inclusive Communities		Miramichi
Beers, Tina	United Way	Community Inclusion Network	Kent
Brideau, Danika	Dietitian	Public Health	Miramichi
Brown, Lorianne	Nurse	Public Health	Kent
Caisse, Maxine	Nurse	Rogersville Health Centre	Miramichi
Chadwick, Wendy	Nurse	Eel Ground Health Centre	Miramichi
Chiasson, Lucie	Regional Wellness Consultant	Healthy and Inclusive Communities	Miramichi
Cormier, Chantal	Nurse	Public Health	Kent
Cormier, Lucille	Nurse Manager	Rexton Health Centre	Kent
Cormier, Robea	Chairperson Fédération des Citoyens et Citoyennes Aînés du NB		Kent
Demers, Paul		La Bousole	Kent
Doiron, Austin	Student	Sec. Assomption	Miramichi
Doiron, Mathieu	Student	Sec. Assomption	Miramichi
Dolan Lynch, Lynn		Miramichi Hospital, Staff Wellness	Miramichi
Doucet, Jeanne D'Arc	Coordinator	Cercle Familial	Miramichi
Duguay, Hugette	Radio Communautaire	Carrefour Beausoleil	Miramichi
Duplessie, Chad	Health Coach	Diabetes	Miramichi
Frazer-Chiasson, Rébeka	Coordinator	Community Inclusion Network	Miramichi
Gallant, Joanne		Mental Health	Kent
Gaudet, Renee	Student	Sec. Assomption	Miramichi
Ginnish-Vautour, Delores		Esgenooetitj	Miramichi
Goguen, Melanie	Dietitian	Public Health	Miramichi
Gould, Lianne	Social Worker	Ability NB	Miramichi/ Kent
Grey, Margie	Dietitian	First Nations	Miramichi
Hébert, Rhéal	Teacher	District Francophone South	Kent
Hebert, Rachel	Dietitian	Mango	Miramichi
Johnson, Gaetane	Student	Sec. Assomption	Miramichi
Kingston, Tyler	Student	MVHS	Miramichi
Lang, Paul	Directeur général	Commission des services régionaux de Kent	Kent
Lacroix, Collette	Coordinator	Healthy and Inclusive Communities	Kent
Lebel, Louise	Table facilitator		Miramichi
Leblanc, Adele	Nurse	Public Health	Kent
Levesque, Daniel	Directeur du développement communautaire	Carrefour Beausoleil	Miramichi





NAME/NOM	TITLE/TITRE	AGENCY/AGENCE	REGION
MacDonald, Darlene	Nurse	Public Health	Miramichi
Maillet, Roseline	Chairperson	Municipalités francophones de la zone de Beauséjour	Kent
Mancuso, Michelina	Directrice Exécutive de l'évaluation de la performance	New-Brunswick Health Council	Guess
Mainville, Liette	Nurse	Public Health	Kent
Martin, Alison	Chief Health Care Service	CSC	Miramichi
Martin, Carole	Nurse	Public Health	Kent
Martin, Patsy	Life Coach	Coaching Services	Miramichi
McGraw, Karla	Nurse	Atlantic Institution	Miramichi
McLenaghan, Susan	Nurse	Public health	Miramichi
Michaud, Patty		Domestic Violence Outreach Services	Miramichi
Moran, Brigitte	Student	James M. Hill	Miramichi
Murphy, Rene	Dietitian	Mango	
Murphy, Patricia	Dietitian	Elsipogtog	Kent
Paul, David Peter	Director of Health Center	Metepenagiag	Miramichi
Poirier, Bruno	Regional Wellness Consultant	Healthy and Inclusive Communities	Guess
Richard, Ernestine	Club de l'dÂge d'or		Miramichi
Richard, Carmelle	Table facilitator		Kent
Richard, Lise	Table facilitator		Kent
Robichaud, Pierrette	Mayor	Rogersville	Kent/Miramichi
Robichaud, Erica	Table facilitator	Public Health	Miramichi
Roy-Lang, Valerie		Centre de Prevention de la Violence	Kent
Schofield-Martin, Rachel	Community Schools Coordinator	Francophone South	Kent
Sommerville, Nancy	Smudge	Esgenoopeitj	Miramichi
Sonier, Annie	Nurse	Public Health	Miramichi
Stewart, Anne	Community Coordinator	Richibucto municipality	Kent
Tanner, Lisa	Director	Centre de ressources familiales	Kent
Tsistinas, Rachael	Community Schools Coordinator	Anglophone north	Miramichi
Underhill, Rachael	Student	Harkins Middle School	Miramichi
Warman, Cheryl	Community Schools Coordinator	Rexton Schools	Kent
Warren, Lori	Director of the Wellness Branch	Department of Healthy & Inclusive Communities	Guess
Wood, Jane	Coordinator	NB Family & Early Childhood	Miramichi
Woods, Eva	Student	Nelson Rural School	Miramichi





Appendix III ([Table of contents](#))

My Community at a Glance:

http://www.nbhc.ca/sites/default/files/documents/my_community_at_a_glance-9-miramichi_rogersville_blackville_area-nbhc-2014.pdf

http://www.nbhc.ca/sites/default/files/documents/my_community_at_a_glance-10-bouctouche_richibucto_saint-louis_de_kent_area-nbhc-2014.pdf





Appendix IV [\(table of contents\)](#)

Live well, be well.

New-Brunswick's Wellness Strategy 2009-2013

<http://www2.gnb.ca/content/dam/gnb/Departments/hic-csi/pdf/Wellness-MieuxEtre/NewBrunswickWellnessStrategy2009-2013.pdf>



