



The **choices** we
make are shaped
by the **choices**
we **have**.

annual report **2010**

HEALTH in **COMMON**

Strengthening connections for healthy sustainable communities

Message from HEALTH in COMMON

On behalf of Health in Common, we are pleased to present our Annual Report highlighting some of the organization's accomplishments during the 2009 – 2010 fiscal year.

As you know, global issues like climate change, rates of chronic disease and peak oil are impacting how we live in our communities. Ensuring communities have the ability to adapt and change accordingly will require all of us to work together.

Over the past year, Health in Common had the opportunity to engage with a range of stakeholders – all working to improve the social, economic, environmental and cultural well-being of communities. Whether focused on improving access to healthy foods, protecting the natural environment, reducing rates of chronic disease, or improving the built environment; all recognize the need for further opportunities to work collaboratively to improve the lives of Manitobans.

The work of Health in Common would not be possible without the staff and their commitment to creating healthy sustainable communities, while respecting the role of community in determining what that will look like.

We would also like to recognize the Board of Directors which brings a range of perspectives to the table – the dialogue that results is greatly appreciated.

As Health in Common moves forward, bringing people together, within and across sectors, will continue to be a priority; as will raising the organization's profile; and strengthening support for evaluation – specifically the development of Learning Through Evaluation (LTE).

We look forward to working together to make the healthy choice the easy choice for all Manitobans.

Bruce Leslie
Chair

Cathy Steven
Executive Director

Board of Directors

Jason Edgerton

Having worked in a number of front line and policy-related roles in social services over the years, Jason's research as a faculty member in the Department of Sociology (University of Manitoba) is focused on the various dimensions of social inequality.

Alan Katz

Currently the Associate Director of the Manitoba Centre for Health Policy, Alan worked in rural Saskatchewan and a community clinic in the core of Winnipeg prior to becoming an associate professor as well as the Director of Research at the Department of Family Medicine. Alan's research interests are focused on primary care delivery, including quality of care indicators, knowledge translation and disease prevention.

Bruce Leslie

With more than 20 years experience in media, government and corporate communications, Bruce has served as Vice President, Public and Community Relations with Canwest Global Communications, as well as Vice President of Marketing & Communications at Creswin Properties.

Rodney MacDonald

Currently the Director of Environmental Strategy for a North American real estate development, construction and management company, Rodney has worked across Canada with and for businesses, governments, First Nations and non-governmental organizations on sustainability, green buildings and energy efficiency.

Nancy McPherson

Responsible for integrating a population health approach to the planning and delivery of programs and services throughout Brandon Regional Health Authority, Nancy has experience in acute care, community health, health planning and evaluation; working in many diverse communities across Canada, as well as in the West Indies and Northeastern Siberia.

Mary Lou Mendro

After 15 years as the General Manager of a Manitoba Regional Economic Development Corporation and experience with numerous companies, organizations and government departments on business development and community-based initiatives, Mary Lou is currently the Director of Syndicated Research at Probe Research Inc.

Marcia Thomson

Recently appointed to Assistant Deputy Minister with the department of Healthy Living, Youth and Seniors, Marcia has over 30 years experience in health and social services. Marcia is also the Winnipeg Site Coordinator for the Mental Health Commission of Canada's National Homelessness Research/Demonstration Initiative.



Vibrant Communities: A Plan for Action

With the support of the Minister of Healthy Living, Health in Common began to coordinate the development and implementation of a strategy that would create an opportunity to further align efforts intended to support healthy communities.

In an effort to build on existing efforts, those involved in the development of existing Strategies and Frameworks and representatives from existing Coalitions and Networks were invited to take part in the Healthy Living Summit process. This brought people together to develop a shared vision, mission and strategic directions to shape the future of healthy living in Manitoba – making the healthy choice the easy choice.

What started as a discussion about the creation of a healthy living strategy shifted to a focus on creating healthy communities – resulting in Vibrant Communities: A Plan for Action.

Vibrant Communities: A Plan for Action reflects the vision, mission and guiding principles developed by stakeholders, as well as priority areas for action based on available evidence, stakeholder consultation and direction articulated at the Pan-Canadian level.

Acknowledging the need to further engage those involved in creating healthy sustainable communities, the Plan for Action next steps included hosting a Vibrant Communities Symposium. Held on March 10th and 11th, the Symposium, attended by 149 people, was an opportunity to discuss the social, economic,

environmental and cultural perspectives of a Vibrant Community and further develop a Vibrant Communities Charter reflecting these different perspectives.

Health in Common would like to recognize and thank the organizations represented on the planning committee, without whom, the Vibrant Communities Symposium would not have been possible:

- [Assembly of Manitoba Chiefs](#)
- [Association of Manitoba Municipalities](#)
- [Canadian Community Economic Development Network - MB Chapter](#)
- [Green Manitoba](#)
- [International Institute for Sustainable Development](#)
- [Manitoba Healthy Living, Youth and Seniors](#)
- [Poverty Reduction Council](#)
- [Resource Conservation Manitoba](#)
- [Rural Secretariat](#)

Moving forward, next steps include finalizing the **Vibrant Communities Charter**; hosting ‘think tanks’ to discuss specific issues related to healthy communities; and supporting the use of **People Assessing Their Health** – a tool for communities to identify their own indicators of well-being which can be used when assessing the impact of a proposed program, policy or development on their community.

Organizational Evaluation

As a young and evolving organization, Health in Common worked with an external consultant to complete an evaluation intended to assess activities and outcomes related to strategic directions, and inform future directions for the organization.

Utilizing a variety of methods, ranging from a review of internal documentation to a client based survey and key informant interviews, evaluation findings included:

- **Enhancing inter-sectoral communication and collaboration identified as central to Health in Common's mission; specific comments included 'they make folks more cognizant that there are other perspectives.'**
- **While the link with tools and resources on Health in Common's website is valued by users, the evaluation clearly identified the need to raise awareness in order to increase utilization.**
- **Enhancing capacity for evaluation was identified as Health in Common's most important strategic direction at the community level by key informants; emphasizing the need to set priorities and determine focus moving forward, while continuing to collaborate with other organizations.**

"I think the best is yet to come with Health in Common. They are still a very young organization."
- key informant

72% of those using the web-site indicated they accessed information about training opportunities

'Health in Common has made connections outside health which is difficult for us' - key informant

83% of the people who used the e-newsletter found the information about funding opportunities helpful



Brief Overview of Strategic Directions

Recognizing that social, environmental and economic factors collectively create healthy sustainable communities, Health in Common works to strengthen these connections by:

1 Providing tools and resources to support organizational and community development

Health in Common's website is the primary mechanism for making tools and resources available to service providers. In addition to website revisions made resulting from user feedback, Health in Common is pleased to now host a website for Partners in Planning for Healthy Living. Over the year, the Health in Common website averaged 2801 monthly hits, while 706 service providers received the monthly newsletter.

2 Facilitating communication and collaboration among non-government organizations, governments and the private sector

Connecting those that play a role in building healthy sustainable communities is a fundamental way of thinking and working at Health in Common. While continually networking and facilitating opportunities for those with a shared interest to connect, the primary focus in this area was the development of Vibrant Communities: A Plan for Action (see page 4).

3 Enhancing capacity for evaluation

With direction from the Evaluation Advisory Group, Health in Common worked to respond to identified resource and training needs. In addition to forming the Community University Research and Evaluation Collaborative, a 16 hour course on Determining Program Effectiveness through Evaluation was developed in partnership with Volunteer Manitoba and delivered at Red River College. Evaluation consultation and facilitated workshops topics included Survey Design and Analysis, Using Excel for Monitoring and Reporting, Developing an Evaluation framework, as well as overall Program Evaluation.

Evaluation Advisory Group

David Patton

Canadian Evaluation Society

Jane Griffith

CancerCare Manitoba

Javier Mignone

U of M Human Ecology

Karen Rempel

Rural Development Institute

Michelle Gibbons

Winnipeg Regional Health Authority

Paula Migliardi

Sexuality Education Resource Centre

Nettie Pentland

Manitoba Health

Laura Plett

Knowledge Exchange Network

Rhonda Chorney

Public Health Agency of Canada

Sara Stephens

Klinik Community Health Centre

Souradet Shaw

Centre for Global Public Health

Michelyn Wood

PHAC Surveillance



Health in Common Inc. Statements of Operations

Health in Common Inc. Statements of Operations and Changes in Net Assets

Year ended March 31	2010	2009
Revenue		
Manitoba Health	\$ 500,000	\$ 466,515
Chaos symposium	-	21,712
Lease inducement	20,000	20,000
Fees for service	6,500	-
Interest	138	1,414
	<u>526,638</u>	<u>509,641</u>
Expenses		
Personnel	240,060	185,849
Program	202,687	243,355
Operating	67,293	58,672
	<u>510,040</u>	<u>487,876</u>
Excess of revenue over expenses	\$ <u>16,598</u>	\$ <u>21,765</u>
Net assets, beginning of year	\$ 21,765	\$ -
Excess of revenue over expenses	<u>16,598</u>	<u>21,765</u>
Net assets, end of year	\$ <u>38,363</u>	\$ <u>21,765</u>

booke
& partners
CHARTERED ACCOUNTANTS

Over the past year, Health in Common had the opportunity to work with several groups and organizations, including:

Alliance for the Prevention of Chronic Disease	Heart and Stroke Foundation of Manitoba
Assembly of Manitoba Chiefs	Interlake RHA
Association of Manitoba Municipalities	International Institute for Sustainable Development
Bike to Work Day Winnipeg (Bike to the Future)	Knox Community Centre
Burntwood Regional Health Authority	Manitoba Eco-Network
Canada World Youth	Manitoba Harm Reduction Network
Canadian Alliance for Regional Risk Factor Surveillance	Manitoba Health
Canadian Cancer Society – Knowledge Exchange Network	Manitoba Healthy Living, Youth and Seniors
Canadian CED Network	NORMAN RHA
Canadian Evaluation Society, Manitoba Chapter	Nor'West Co-Op Community Health Centre
Canadian Partnership Against Cancer	Partners in Planning for Healthy Living
CancerCare Manitoba	PEG – Community Indicators Working Group
Central RHA	Physical Activity Coalition of Manitoba
Children's Health & Environment Partnership	Prairie Community-Based HIV Research Program
Chronic Disease Prevention Initiative	Resource Conservation Manitoba
Community Futures	Rural Development Institute
Department of Community Health Sciences, University of Manitoba	Rural Secretariat
Faculty of Human Ecology, University of Manitoba	Society for Manitobans with Disabilities
Faculty of Social Work, University of Manitoba	South Eastman RHA
Food Matters Manitoba	Towards Evidence Informed Practice
Green Manitoba	United Way Winnipeg
Health Promotion Network	Volunteer Manitoba
Healthy Child Manitoba Office – Healthy Adolescent Development	Winnipeg InMotion
Healthy Child Manitoba Office – Stop FASD Program	Winnipeg Poverty Reduction Council
	Within Reach
	Winnipeg RHA
	Youth Suicide Prevention Strategy

HEALTH in COMMON

Strengthening connections for healthy sustainable communities

Mission

strengthening connections for healthy sustainable communities

Guiding Principles

- encouraging partnerships within and across sectors
- addressing the social, environmental and economic factors that determine health
- basing decisions and actions on best available evidence
- building on existing programs and experiences

Contact

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