



# Who We Are

## Partners in Planning for Healthy Living Beginnings

Partners in Planning for Healthy Living (PPHL) members came together to pool resources and work together in a collegial manner to better support the use of evidence in planning interventions that will promote healthy living in communities across Manitoba. We share common mandates for the prevention of chronic diseases.

## Who is Partners in Planning for Healthy Living?

The five founding partners are:

- Alliance for the Prevention of Chronic Disease,
- Canadian Cancer Society, Manitoba Division,
- CancerCare Manitoba,
- Heart and Stroke Foundation of Manitoba, and
- Interlake Regional Health Authority.

New partners include:

- Healthy Child Manitoba
- Manitoba Health & Healthy Living
- Public Agency of Canada, Manitoba & Saskatchewan Division
- Health in Common
- Manitoba Education, Citizenship & Youth
- Assiniboine Regional Health Authority
- Brandon Regional Health Authority
- Central Regional Health Authority
- North Eastman Regional Health Authority
- NOR-MAN Regional Health Authority
- Parkland Regional Health Authority
- Winnipeg Regional Health Authority
- South Eastman Regional Health Authority
- Churchill Regional Health Authority

## What is Partners in Planning for Healthy Living?

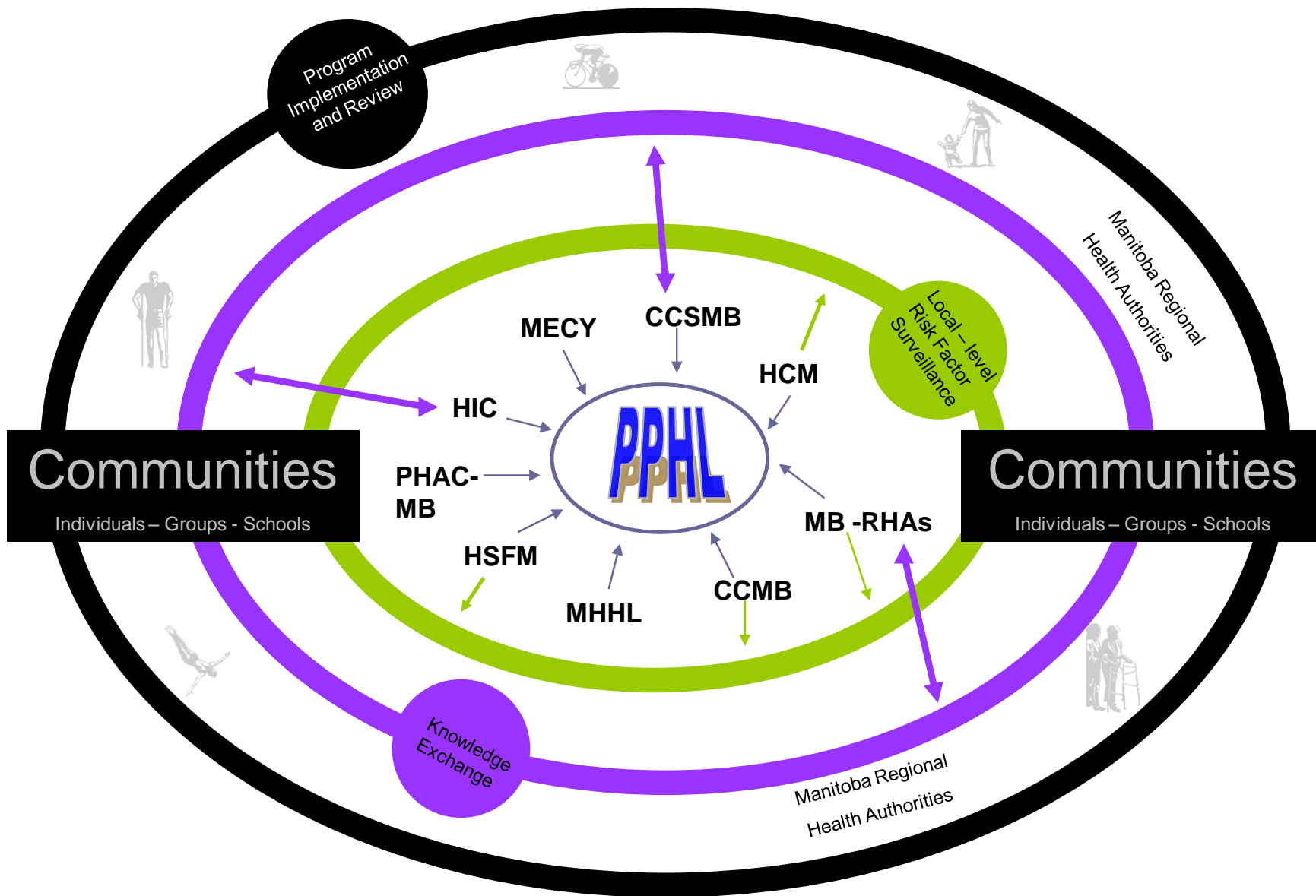
PPHL is a Community of Practice - working and learning together to build our own capacity and to use evidence to build an integrated knowledge system that spans Manitoba and reflects the unique context in Manitoba. PPHL also connects and interfaces with national and international resources, expertise and direction.

Our Values      We are inclusive and flexible.  
                      We are non-judgmental.  
                      We are community friendly.

Our Principles   We focus on evidence.  
                      We support the development of knowledge and capacity within communities.  
                      We support integrated, community planning for healthy living.

Our integrated planning model – our knowledge system – involves interaction between several key activities:

- local-level risk factor surveillance (gathering data about community members' health status and risk factor prevalence),
- identification and dissemination of effective (best) practice (knowledge exchange),
- strategic and investigator-driven research,
- policy and program implementation, and
- policy and program evaluation.



**PPHL** – Partners in Planning for Healthy Living • **MECY** – Manitoba Education Children and Youth • **CCSMB** – Canadian Cancer Society Manitoba Division  
**HCM** – Healthy Child Manitoba • **MB-RHAs** – Manitoba Regional Health Authorities • **CCMB** - CancerCare Manitoba • **MHHL** – Manitoba Health and Healthy Living  
**HSFM** – Heart and Stroke Foundation of Manitoba • **PHAC-MB** – Public Health Agency of Canada Manitoba and Saskatchewan Division • **HIC** – Health in Common

## What do PPHL members contribute?

PPHL members benefit from the unique contributions of all of our partners based on their experiences, resources, and expertise. Members of Partners in Planning for Healthy Living have access to the following:

- experience engaging communities in owning the health of their populations,
- workshops and mentoring to develop community capacity for developing, evaluating, and improving healthy living programs
- assistance developing surveys and other tools to gather data from students and other community members about their health and risk factors for chronic disease (physical inactivity, unhealthy diet, smoking and exposure to second-hand smoke, and other risk factors of concern to individual communities),
- systems for compiling, analyzing, and interpreting data from surveys,
- templates for reporting survey findings in a format that is easy for community members to understand and use to make informed decisions about health priorities,
- evidence about healthy living programs that have been evaluated and shown to be successful in reducing health risk factors. Communities can use this evidence to develop effective healthy living programs,
- assistance evaluating healthy living programs and refining them based on evaluation results and other evidence,
- access to an emerging Manitoba database 1) about health status, risk factor prevalence, and changes in health status that will allow regions to compare trends in their areas to trends elsewhere in Manitoba, and 2) practice-based evidence about healthy living interventions in Manitoba.
- access to knowledge, commitment, and existing relationships.

## What do we ask of new partners?

We are looking for new partners from the not-for-profit sector, government, and communities who are interested in working with us over the long term to do the following:

- build primary prevention capacity in Manitoba,
- document and share information on best practices (knowledge exchange), and
- achieve our vision of a province-wide chronic disease risk factor surveillance system that is integrated with community planning and best practices.

Specifically, new partners should be interested in doing the following:

- making a commitment to support healthy living primarily through tobacco reduction, physical activity, and healthy eating but also by addressing priorities that may be of particular importance to individual communities,
- gathering and using evidence on effective practices to plan healthy living initiatives,
- developing capacity to:
  - gather health data at the community level (surveillance),
  - use health data to identify healthy living priorities,
  - use evidence to identify, select, and develop health promotion programs,
  - evaluate program results, and
  - modify programs based on their evaluations.
- sharing experiences with other partners and over time be willing to provide more active support and mentorship to other partners, and
- investing human, in-kind, and financial resources in healthy living.