

IMPROVING FOOD SECURITY ON THE NORTH SHORE THROUGH INTERSECTIONAL COLLABORATION

VANCOUVER COASTAL HEALTH, NORTH SHORE POPULATION HEALTH TEAM



THE GOAL

The goal of the North Shore Population Health team is to promote health and prevent disease by building community capacity, focusing on vulnerable and at risk populations across the life-span continuum. This is achieved through:

- Partnership, network and coalition building
- Knowledge translation and exchange
- Advocacy and public policy development
- Program and leadership development



TEAM MEMBERS

Each team member works in the food sector in some capacity to increase the availability, access, knowledge and use of healthy foods. Team members include:

- Active Living Coordinator
- Community Developer
- Senior Supported Housing Coordinator
- Congregate Meal Coordinator
- Public Health Dietitians

EXAMPLE

PARTICIPANT FEEDBACK

EVALUATION OUTCOME

FOOD

SKILLS

PROGRAM

A curriculum based program developed by the Canadian Diabetes Association that makes learning about healthy eating, shopping and cooking easy and fun. Main participants include vulnerable seniors, new immigrants and First Nation Members.

"I gained confidence in shopping, cooking and preparing whole meals."

Participants eat more fruits and vegetables every day and are cooking more meals from 'scratch'.

SENIORS'

SUPPOSTED

HOUSING

PROGRAM

Works with housing providers to implement support services for residents, many food related.

"I enjoy the friendship and conversation with my fellow diners, It makes me feel connected to the community while eating nutritious meals."

Decreases social isolation and Increases low income senior's ability to live independently. Reduces admissions to hospital.

MOVE

MORE

ON

THE

NORTH

SHORE

Offers regulars guided physical activity and health education in a supportive group environment with trained fitness leaders and other health professionals. Aimed at those who are new to being active and have questions about healthy lifestyle choices.

"The program has given me the opportunity to take my life back and I can now see a more active and pleasurable life in my future."

Improves confidence and skills in making healthy behavior changes.

INTERSECTORAL COLLABORATORS

- First Nations
- Health Authority
- Municipal staff
- School District
- Housing Providers
- Caterers
- Business
- Non-Profit Organizations
- Community Volunteers
- Recreation

POLICY IMPACT

EXAMPLE

WEST VANCOUVER COMPREHENSIVE SCHOOL HEALTH

The School District implemented an Administrative Procedure on health promotion, which endorses the "Guidelines for Food and Beverage Sales in BC Schools". Students are offered healthier foods.

Includes administration, staff, students, mental health, public health, addiction prevention, District Parent Advisory Councils, Parks and Recreation and Actions Schools! BC.

TABLE

MATTERS

NETWORK

Work over the past five years to bring together community stakeholders at the annual Table Matters Forum has resulted in the creation of a North Shore Food Charter which will be ratified by municipal governments, school districts, the Health Authority and First Nations.

Brings together people from community organizations, local businesses, local government, schools and First Nations that are contributing to increasing food security on the North Shore.

