

INNOVATIONS & ACTIONS

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Interior Health
For your whole life

Innovations & Actions

- * Setting the stage
- * Where we are now
- * Next steps

Backgrounder

Central Okanagan Physical Activity Improvement Committee (COPAIC)

PURPOSE

To improve health, the COPAIC purpose is to collaborate, coordinate, and enhance programs and services, infrastructure and initiatives, that promote physical/social activity and recreation for residents at risk of, or who have chronic health conditions and/or limited access to supports

COPAIC Objectives

- * Establish enhanced partnership and collaboration among Interior Health, Municipality, and local agencies/organizations
- * Identify and undertake improvement initiatives to better coordinate physical activity and recreation improvement efforts across the Central Okanagan
- * Provide a forum for local IH, community agency and municipalities stakeholders to share knowledge/experience and address areas of shared concern related to physical activity and recreation in their respective communities and/or areas of populations of practice
- * Provide feedback on services and/or related development initiatives

Backgrounder

- * Multi portfolio –
- * Identification of programs – content & language
- * Identification of the gaps in the system
- * CPRA & BCPRA philosophical shift towards health behaviours

Con't

- * IHA reorganization
- * City programs & services – barriers & access
- * Preliminary pilot initiatives – IHN and City – gaps in the system
- * Education of instructors, participants
- * Providing specialized programs
- * ‘the results’

Where we are now

- * IHA – right players, community and individual health – develop strategic action plan for 5 yr period
- * City – working with community health related service providers & IHA & GP's to collaborate on education & prevention

Where we are going

‘THE PLAN’

- * Communication matrix – programs (community & individual)
- * Establishing the wheel of services – who, when , what and how
- * Identify community needs
- * Establish roles of the players and overlaps
- * Identify action items and timelines

Con't

- * Monitoring the outcomes
- * MOU signed between IH and City – establishes a sustainability plan

Discussion Questions

1. What are you offering in your community? What are your assets
2. What barriers exist to creating an action plan – primary care/public health/municipality
3. What are some of your next steps to moving forward?