



Nipawin KidsFirst

COMMUNITY WELLNESS  
ASSESSMENT REPORT

September 2009



## NIPAWIN KIDSFIRST



### 2009 COMMUNITY WELLNESS ASSESSMENT REPORT

#### **What is Primary Health Care?**

Primary Health Care is a framework for providing everyday health care services. Health care professionals work proactively with intersectoral partners and community groups to address broader community needs.

Primary Health Care works towards:

- Preventing people from becoming ill or injured
- Managing chronic conditions
- Making the most effective use of health care provider expertise
- Treating acute and episodic illness
- Efficiency and co-ordination
- Accessing the right service at the right time
- Individuals playing an active role in their own health care
- Understanding that factors outside the health system influence individual and community health (Determinants of Health)

#### **Introduction**

A Primary Health Care Provider Team has been in existence in Nipawin since 2001. The team meets on a regular basis to address wellness needs within the community. The Team consists of health professionals, community representatives along with a representative from the KidsFirst Program.

The KidsFirst Program is a voluntary program that helps vulnerable families to become the best parents they can be and to have the healthiest children possible. The program is not designed to replace existing services but to enhance programs already in the community.

One way to identify wellness needs is through the use of a Community Wellness Assessment. The Team takes the information gathered and develops action plans to address the identified needs. Needs that are beyond the Team's ability to resolve will be forwarded to the appropriate agency.

**To date the Team has accomplished the following:**

- PARTY Program (Preventing Alcohol Related Trauma in Youth)
- Parenting workshops
- Community Service Directory developed and evaluated
- Create team awareness by entering Float in local fair parades
- “Barrier Free” environment presentation
- “Smart Risk” Presentation to community
- Move More....Increasing Childhood Activity Working group developed
- Implemented a mascot (Scooter the Squirrel) to promote the message of “Get Up, Get Out, Get Active”.

In 2009, a different approach was utilized to conduct the Community Wellness Assessment to ensure a wider cross section of the community was involved. The Team “went to the community to gather information” versus expecting the community to attend a meeting. This was accomplished by setting up a booth in a local grocery store and by collaborating with Kids First Program to have the survey questionnaire distributed to the KidsFirst families. (See attached Appendix 1)

Information received was categorized according to three Population Health Promotion Pillars:

- Accessible Nutritious Foods
- Active Living
- Mental Well-Being/Substance Use and Abuse
- and an additional category entitled “Other” (ideas beyond the scope of the Team)

**Method**

Location: Kids First Program distributed surveys to program families

Date: During the months August/ September 09

**Survey Results**

Number of participants, age of participants, sex of participants

<b>Age and Sex of Participants</b>			
<b>Age Category</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
15 - 19		4	4
20 - 29	3	12	15
30 - 39	1	6	7
40 - 49	2	1	3
50 - 59		2	2
60 - 69			
70 - 79			
80+			
<b>Total</b>	<b>6</b>	<b>25</b>	<b>31</b>

<b>Participant Responses Categorized into the Population Health Promotion Pillars</b>			
Accessible Nutritious Foods	Active Communities	Mental Well-Being/ Substance Use & Abuse	Other Issues Beyond the scope of PHC
<ul style="list-style-type: none"> <li>*Education around nutrition</li> <li>*Education around eating a well balanced diet</li> <li>*What are healthy foods?</li> </ul>	<ul style="list-style-type: none"> <li>*More family activities</li> <li>*Provide affordable year round activities for kids</li> <li>le: Pool, theatre</li> <li>*Education around exercise</li> <li>*Education on how to stay healthy without a cost</li> </ul>	<ul style="list-style-type: none"> <li>*Drugs</li> <li>*Alcohol</li> <li>*Poor housing</li> <li>*Addictions workshops</li> <li>*A place for teens to hang out rather than on the streets</li> <li>*Violence in the community</li> <li>*Too much drugs and alcohol</li> <li>*Not everyone can be healthy</li> <li>*Strong class divisions</li> <li>*Better mental health services</li> <li>*Education around choices and healthy lifestyles</li> <li>*Parenting education</li> <li>*Education around immunization</li> <li>*FASD education</li> <li>*Picking up drugs and needles in kitley Park</li> </ul>	<ul style="list-style-type: none"> <li>*Gangs</li> <li>*Young people 12 and 13 years out all night</li> <li>*Earlier curfew for kids</li> <li>*Racism</li> <li>*Not enough friends</li> <li>*Not enough good paying jobs</li> <li>*Pesticides and chemicals in the air</li> <li>*Unwelcome environment for new comers</li> <li>*Stereotypes</li> <li>*Work on changing community attitude</li> <li>*Provide free early learning opportunities</li> <li>*Create a committee to address housing needs</li> <li>*Better schooling in the community</li> <li>*Everyone knows your business</li> <li>*No drop in center for youth</li> <li>*Enforce a curfew</li> <li>*Education on raising children</li> <li>*Keeping animals in a safe environment</li> <li>*Further training in trades and new skills</li> <li>*Want/need youth center</li> <li>Personal development to teach people to make wise choices and to live and not just exist</li> <li>*There is a deficit in social cohesion</li> </ul>

## **Conclusion**

The top 3 issues identified within the community are:

- Drugs and Alcohol
- Violence
- Need a place for youth to go to get off the streets so they are not causing trouble (implement curfew)

45% of KidsFirst families who filled out the survey were aware of the Nipawin Primary Health Care Provider Team.

## **Where to go From Here?**

The Primary Health Care Provider Team will review these ideas and suggestions in collaboration with Nipawin KidsFirst Program Manager to determine how they can work with the community and other partners to address these concerns. Information the team or Nipawin KidsFirst Program cannot address will be forwarded to the appropriate agency.

The Nipawin Primary Health Care Provider Team thanks the KidsFirst Program families, staff and management for participating in this process.



Appendix 1

Nipawin KidsFirst Community Wellness Assessment 2009

1. Postal Code \_\_\_\_\_
  
2. Please state your age category by placing an “X” in one of the following boxes:  
 15-19     20-29     30-39     40-49     50-59     60-69     70-79     80+
  
3. Please state your sex by placing an “X” in one of the following boxes:  
 Female     Male
  
4. Are you aware of the Nipawin Primary Health Care Provider Team?  
 Yes         No
  
5. Please answer the following questions:
  - a. What is healthy about living in your community?
  
  
  - b. What is NOT healthy about living in your community?
  
  
  - d. What type(s) of information or education do you require to live a healthy life?
  
  
  - c. What can the Primary Health Care Provider Team work on to make your community a healthier and safer place to live, work, and play?
  
  
  - e. Would you be interested in working on a sub-committee to address your suggestions?  
Circle one: YES    NO

If you circled yes, please fill in the following information so you can be contacted:

NAME: \_\_\_\_\_  
PHONE NUMBER: \_\_\_\_\_

**Thank you for your time! You have made an important contribution to your community**