

What is a healthy community?

A place where:

- People have access to the resources and opportunities that support their well-being.
- People can come together to make it better for everyone.
- Diversity is embraced.

Adapted from Canadian Institute of Planners (2023)



DID YOU KNOW?

Factors like where we live and work, our education and income, and social supports shape 75% of our health.

Adapted from BC Centre for Disease Control (2024)

How can you connect with us?

Email us:

healthycommunities@northernhealth.ca

Visit our webpage and subscribe to the **Healthy Communities E-Brief** (a monthly newsletter):

northernhealth.ca/services/healthy-living-in-communities/healthy-communities



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Healthy People in Healthy Communities

Local Government Collaborating with the Northern Health Healthy Communities Team



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How do local governments improve community health and well-being?

- By leading, partnering, and making policies that promote the health and well-being of communities.
- By including healthy community characteristics in community plans and infrastructure.
- By making decisions about community planning, land use, policies, and services that promote the health of residents.



The greatest contribution to health of the nation over the past 150 years was not made by doctors but by local government.



Dr. Jessie Parfitt,
Public Health Physician,
Oxford England

What is the Healthy Communities program?

The Healthy Communities team has **three Leads** who each work in a health service delivery area (Northwest, Northern Interior, Northeast) and a **Community Granting Coordinator**. We work with Northern BC communities, including local governments, community organizations, and others to influence the conditions that **promote equity, community health, and well-being** (e.g., transportation, food systems, neighbourhood design, social connection, and housing).

We are a part of Northern Health's Population and Public Health program. We work collaboratively across the health system and the Northern Health region to protect and promote community health and well-being.



How can local governments collaborate with the Healthy Communities team?

We invite you to work with us to:

- Co-develop **public policy** to promote health and improve quality of life for all (e.g., participate in policy working groups and inform on official community plans, bylaws, referrals, etc.)
- Support communities to identify their **community health priorities** and co-create action plans.
- Share information (e.g., attend committee meetings, deliver presentations to Council, etc.)
- Explore community **granting** opportunities.
- Obtain and generate community health **evidence** to inform decision-making.



We are also your connection to Population and Public Health subject matter expertise (e.g., injury prevention, climate change and health, food security, etc.), to support healthy community planning, policy, and action.