



# Food Security for School Aged Children in Oceanside

Food security means the availability, access and affordability of healthy, culturally appropriate food. Poverty is a significant barrier to food security, readiness for school and good health.

## Proportion of Children Under the Age of 6 Living in Poverty

One in three children in Oceanside (24% - 34%)<sup>1</sup>



One in five children in B.C. (20%)<sup>2</sup>



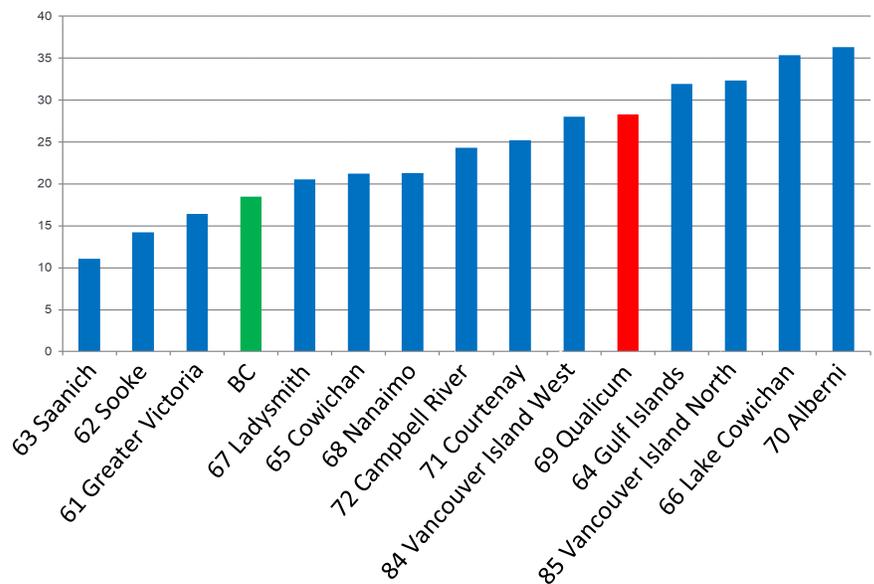
One in six children in Canada (17%)<sup>2</sup>



Child development is affected by poverty. Recent data tells us that 37% of children in Oceanside are vulnerable in their development as they enter school. This is 5% higher than the B.C. average<sup>3</sup>.

- On average, families living in Oceanside earn less after tax (\$64K) than those across Island Health (\$73K) and in BC (\$75K)<sup>1</sup>.
- Single parent families have lower income in Oceanside (\$35K) than across Island Health region (\$40K) and in BC (\$42K)<sup>1</sup>. Two thirds of children living in single parent families are living in poverty<sup>1</sup>.

Percentage of Children Less Than 6 Years Living in Low-Income, 2011 Census<sup>1</sup>



## Food Programs in Oceanside

- Programs and initiatives addressing child food security include emergency food provision, snack/meal programs in schools and meals provided for participants at child/youth community programs.
- While all 9 schools in Oceanside have snack programs, fewer have breakfast and lunch programs.
- Schools find creative ways to address student hunger but there is no consistent approach across the school district.

## Proportion of School Food Programs in Oceanside<sup>4</sup>

4/9 schools have a breakfast program



7/9 schools have a lunch program



All 9 schools have a snack program



Supporting policies and programs that increase access to food in schools and communities will help nourish children while allowing lower income families to reduce their food budget.



**OCEANSIDE**  
HEALTH & WELLNESS NETWORK



# Mental Health Among Young Adults in Oceanside

A healthy community includes appropriate prevention services and ongoing support for people living with mental health issues. There are increasing demands on the limited community resources that support mental health in Oceanside, particularly for those serving young adults, aged 15-30.

Three out of four children in BC diagnosed with a mental health condition are not receiving the services they need<sup>1</sup>.

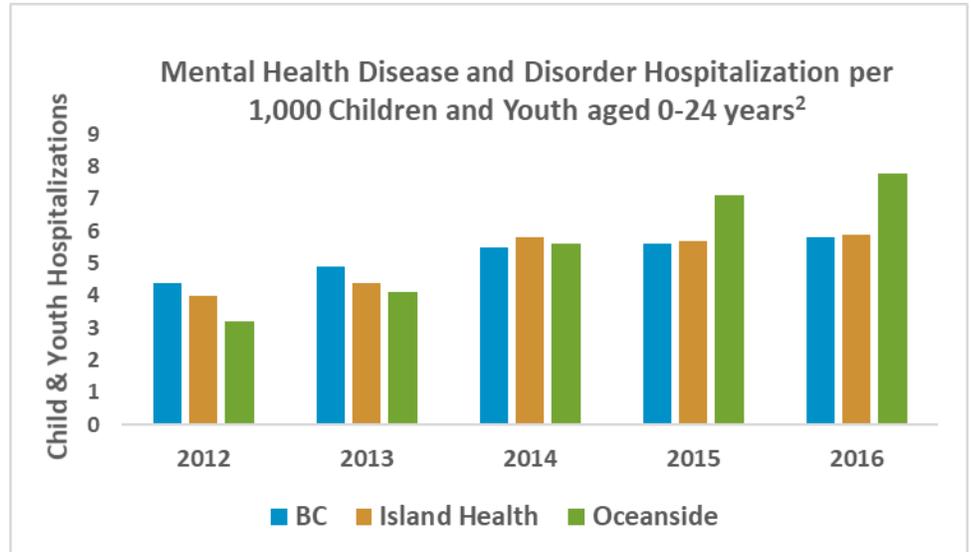


## Young Adult Services

There have been recent additions to mental health services at the Oceanside Health Centre including mental health walk-in and a full time psychiatrist for adult mental health. However there can be lengthy wait lists and there is a gap for children and youth psychiatry services.

## Housing

With respect to housing, landlords are often less likely to accept a young adult tenant than an older adult, particularly if there are mental health issues. This is an urgent problem considering the vacancy rate for rental housing is nearly 0%.



- Hospitalization among Oceanside youth (aged 0-24) due to mental health disease has been increasing over time, from 8% in 2013 to 12-13% in 2015<sup>2</sup>.
- One out of five Canadians will experience mental illness in their lifetime<sup>3</sup>, but all Canadians are likely to be impacted through family, friends and community members.
- Mood / anxiety disorders and depression are the most prevalent chronic diseases in Oceanside<sup>4</sup>.

## Travel

Many young adults with mental health issues must travel to Nanaimo or other communities to access services. These communities also have pressure on their services, which can make it challenging to provide timely and appropriate care for Oceanside residents in need.

## Stigma

It can be much harder for professional and support services to engage with youth living with mental health issues because of stigma related to having a mental health diagnosis or condition. This real or perceived stigma may keep youth from seeking services or following up on referrals<sup>5</sup>.

**While there is an urgent need to address services for young adults with mental health issues, a healthy community also includes improving and sustaining mental wellness for all Oceanside residents.**





# Oceanside Health and Wellness Network (OHWN)

## Oceanside Health and Wellness Network's Shared Vision<sup>1</sup>

Oceanside Health & Wellness Network (OHWN) is a network of organizations and individuals working together to enhance community health and wellness in Oceanside. We do this by planning together and taking collective action on complex health-related issues.

## Our Community

The Oceanside Region includes the municipalities of Parksville and Qualicum Beach and four electoral areas of the Regional District of Nanaimo. The geographic area includes two urban centres and several small waterfront and rural communities stretching from Nanoose Bay, Errington, and Coombs to Deep Bay and Bowser. The Oceanside Region is aligned with the boundaries of School District 69 and Local Health Area 69 and has a total population of 45,291<sup>2</sup>.

## What Do We Do?

### Planning Functions:

- Influence social planning
- Identify strategic priorities
- Collect and evaluate data to set action priorities
- Capture and pool all community data and stories that help to illustrate data
- Identify gaps, overlaps, and build on strengths
- Focus on key factors that influence individual and community health
- Focus on issues that are too complex for a group to address individually
- Be attentive at the community level rather than at an individual issue level
- Look for and take advantage of shared opportunities

### Networking Functions:

- Facilitate meaningful conversation – act as a switchboard connecting people
- Build partnerships
- Build capacity
- Work on a consensus for a community mandate
- Support diversity in community

### Action Oriented Functions:

- Take collective action on community health issues
- Act as a catalyst to improve health and wellness
- Be a strategic coordinator of activity
- Provide leadership to bring about change

## OHWN's Strategic Priorities

The Circle of Partners (OHWN's steering group) identified the following priorities for collective action in OHWN's three-year strategic plan, 2017-2019.

### 1. Child Wellness

Children need sufficient access to healthy food to learn, grow and thrive. OHWN is concerned about high child poverty rates in our region, and we recognize that many families struggle with accessing healthy and affordable food. OHWN is working on improving food security for school-aged children and youth by engaging partners to: support systems change; facilitate greater access to food; and raise awareness about child poverty, food insecurity and healthy eating in Oceanside.

### 2. Mental Health

A healthy community includes appropriate prevention services and support for people living with mental health issues. OHWN recognizes that there are increasing demands on the limited community resources that support mental health in Oceanside, particularly for young adults. OHWN is working on engaging key partners, identifying data that accurately reflect the need in the community, and raising awareness to take collective action on mental health.

### 3. OHWN Network Development

Community health networks like OHWN play an important role in addressing complex health issues through collective action. Strategic engagement with agencies, organizations and individuals will help us stay grounded in the issues that truly matter most to residents of Oceanside and help to mobilize action. OHWN will monitor and evaluate the structure of the network, develop and implement plans for community outreach/stakeholder engagement, and identify opportunities to ensure the sustainability of OHWN.

## Join Us—Become a Network Member

[www.rdn.bc.ca/join-ohwn](http://www.rdn.bc.ca/join-ohwn)

### Contribute to vibrant, healthy communities in Oceanside.

Individuals and organizations are invited to join OHWN. Members benefit by:

- influencing change on issues affecting the health and wellness of communities in Oceanside
- providing input into emergent issues and OHWN's priority areas
- participating in collective action
- engaging with the community and developing collaborative relationships



# What We Heard...

## Notes from the OHWN Network Meeting, September 2017

### Oceanside Health and Wellness is Growing

The Oceanside Health and Wellness Network (OHWN) is expanding! More members are joining, creating a solid foundation for collective action on key community health priorities. In order to welcome the new members to the table, OHWN hosted a Network meeting on September 21, 2017. Twenty-five community members gathered at Arrowsmith Lodge to meet one another, discuss areas of shared interest and hear about OHWN's strategic plan and upcoming activities. We posed a few questions to the members and the following is what we heard.

### Why did you join OHWN? What do you see are benefits for you to be part of the Network?

#### Community-based solutions

Participants told us that having a community based network is a benefit to Oceanside - it can bring the community together. Local foundations can support the work and there can be a stronger community representation on key issues.

"OHWN is community-based – this aligns with our organization in serving the local community."

#### Collaboration

We heard that collaboration is a key benefit of the Network. Identifying and building relationships with community partners will lead to better services, stronger connections and wise actions.

"We develop better solutions through collaboration."

#### Prevention

People want to see more energy directed to prevention – to address the social determinants of health and prevent poor health.

"Moving from crisis care to prevention is the right direction."

#### Recognize the health issues that need attention

There is a recognition that some health concerns in our region need to be urgently addressed, from child poverty to seniors' health, to mental health and substance use.

"I was shocked to learn the child poverty numbers in our region."

Catch OHWN announcements, updates, and invitations to community events - ensure you sign up online to become a member and receive our e-newsletter: [www.rdn.bc.ca/join-ohwn](http://www.rdn.bc.ca/join-ohwn)

### What is most important thing the Health Network can do together?

#### Bring people together

Convening meetings and opportunities for Network members to share information and find solutions is a core message we heard at the meeting. It is important to bring together non-traditional partners such as the business community – together we are stronger.

"Need to work together locally – not wait for government or larger organizations to 'fix' things for us."

#### Share information

Participants talked about the importance of developing and sharing common messages, communicating to the public, and keeping Network members informed of local data and key issues.

"Start the communication! Raise awareness!"

#### Catalyze collective impact – address gaps, reduce duplication

OHWN has an important role to play in catalyzing collective impact by providing opportunities to break down the silos and invite organizations to work together on shared priorities. This will help to reduce duplication and fill gaps.

"There is too much competition for resources and information – we need a synergistic approach with agencies/individuals working together."

### What do you think you can contribute?

With the diversity around the room, everyone is able to bring something to the table. Here are a few of the responses:

- "Access to funds"
- "Human resources, data, training"
- "Public affairs, public relations – getting word out"
- "Bring together ideas, leverage resources in government and health care"
- "Bring new, grass roots perspectives"

OHWN will host Network meetings throughout the year. The next one will be in the Spring of 2018.



# Collective Impact and Community Health Networks

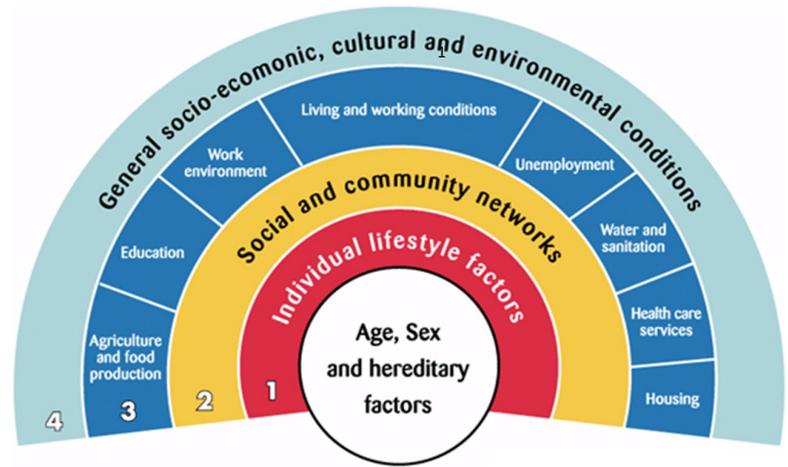
Healthy people come from vibrant, healthy communities.

Community Health Networks, like the Oceanside Health and Wellness Network (OHWN), bring together organizations and individuals to create and sustain healthy communities.

## Social Determinants of Health

Health is influenced by many factors including income, education, gender, culture, access to health care and social connections that are together referred to as **social determinants of health**<sup>1</sup>.

Community health networks address the social determinants of health by working collaboratively. The strength of a network lies in the ability of members to recognize and act on opportunities together, and to move along the collaboration continuum from competing (working in silos) to collaborating and, in some cases, integrating. This is illustrated in the table below<sup>2</sup>.



## Collective Impact

Many community health networks including OHWN, work within a **collective impact framework**.

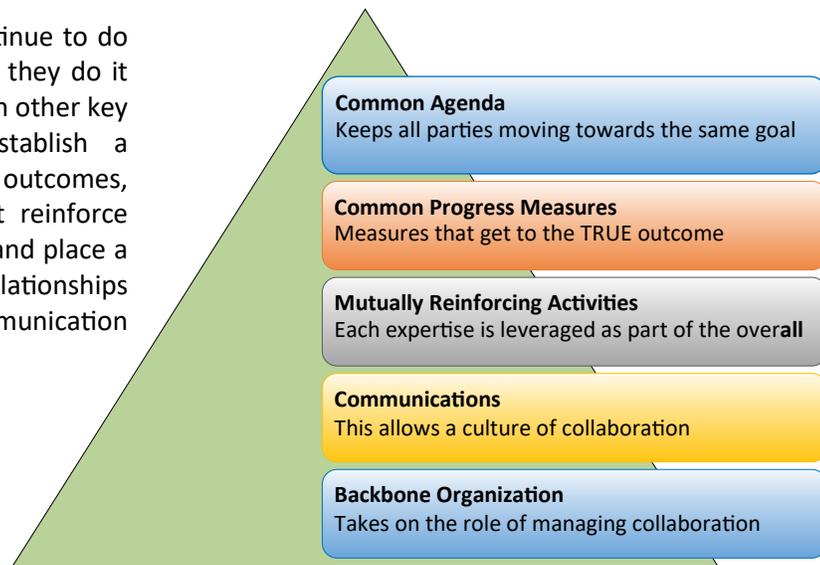
Collective impact is an approach where many diverse partners come together to work towards a common agenda to address the social determinants of health.

Network members continue to do what they do best, but they do it in close partnership with other key stakeholders. They establish a common agenda and outcomes, work on activities that reinforce one another's actions, and place a priority on nurturing relationships through effective communication and coordination.

See the image to the right depicting the collective impact framework<sup>3,4</sup>.

## The Collaboration Continuum

The Collaboration Continuum						Trust
Compete	Co-exist	Communicate	Cooperate	Coordinate	Collaborate	Integrate
Competition for clients, resources, partners, public attention.	No systematic connection between agencies.	Inter-agency information sharing (e.g. networking).	As needed, often informal interaction on discrete activities or projects.	Organizations systematically adjust and align with each other for greater outcomes.	Longer term interaction based on shared mission, goals, shared decision-makers and resources.	Fully integrated programs, planning and funding.
Turf						
Loose		Tight				



Community health networks play an integral role in bringing the community together within a collective impact model to address key health priorities in a region. OHWN is your community health network in Oceanside – be a part of the growing momentum as we grow, learn, and work together!



## References

### Food Security for School Aged Children in Oceanside

<sup>1</sup> Statistics Canada (2011). 2011 Census.

<sup>2</sup> Tarasuk, V. Mitchell, A., Dachner, N. (2016). Household food insecurity in Canada, 2014. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Retrieved from <http://proof.utoronto.ca>.

<sup>3</sup> Human Early Learning Partnership. EDI (Early Years Development Instrument) report. Wave 6 Community Profile, 2016. Qualicum (SD69). Vancouver, BC: University of British Columbia, School of Population and Public Health; October 2016.

<sup>4</sup> Based on research conducted by the Oceanside Health and Wellness Network – Child Wellness Action Group in 2016.

### Mental Health Among Young Adults in Oceanside

<sup>1</sup> Canadian Mental Health Association, April 2017. Retrieved from [www.b4stage4.ca](http://www.b4stage4.ca).

<sup>2</sup> Ministry of Health. (2017). Health Ideas, Fiscal year ending 2016.

<sup>3</sup> Smetanin et al. (2011). The life and economic impact of major mental illnesses in Canada: 2011-2041. Prepared for the Mental Health Commission of Canada. Toronto: RiskAnalytica.

<sup>4</sup> Island Health. (2015). Qualicum Local Health Area 69 Health Profile.

<sup>5</sup> Heflinger, C. and Hinshaw, S. (2010). Stigma in Child and Adolescent Mental Health Services Research: Understanding Professional and Institutional Stigmatization of Youth with Mental Health Problems and their Families. *Adm Policy Ment Health*, 37:61–70.

### Oceanside Health and Wellness Network (OHWN)

<sup>1</sup> Oceanside Health and Wellness Network Strategic Plan 2017-2019. (2016). Oceanside Health and Wellness Network. Retrieved from <http://www.rdn.bc.ca/cms/wpattachments/wpID3758atID8459.pdf>.

<sup>2</sup> Statistics Canada (2011). 2011 Census.

### Collective Impact and Community Health Networks

<sup>1</sup> Dahlgren, G. (1995) European Health Conference: Opportunities for the Future, Vol.11—Intersectoral Action for Health. Copenhagen, WHO Regional Office for Europe

<sup>2</sup> Collaboration for Impact. October 2017. Retrieved from: <http://www.collaborationforimpact.com/collaborative-approaches/ca-subpage-2/>

<sup>3</sup> Diagram: Tamarack Institute. Retrieved from <http://www.tamarackcommunity.ca/>

<sup>4</sup> Text: Shift Collaborative. (2017). Good collaboration doesn't just happen. Retrieved from <http://shiftcollaborative.ca/good-collaboration-doesnt-just-happen>.

**“Healthy lifestyles.  
A vibrant economy.  
Affordable housing.  
Protected parks & green space.  
Accessible community services.  
Thriving neighbourhoods.  
Clean air and water.  
A sustainable environment.  
Ethnic and cultural diversity.  
Healthy public policy.  
Engaged citizens.  
A healthy community is all of this,  
and more.”**

Source: BC Healthy Communities