

Healthy Homes Healthy Communities: A Public Health Perspective



Sioux Lookout
First Nations
Health Authority

February 28, 2019

- SLFNHA Background
- Overview of Approaches to Community Wellbeing
- How housing impacts health
- Public health approach to healthy homes

Agenda

- SLFNHA was established by the Sioux Lookout area Chiefs in 1990
 - Recommendation from Scott, McKay, Bain report
- Governed by the Chiefs in Assembly
- Current services include:
 - Hostel
 - Physician services
 - Nodin
 - Developmental services
 - Primary care
 - Approaches to Community Wellbeing

SLFNHA



- 31 Communities
- 80% Fly-In
- 2 Treaties
- 6 Tribal Councils
- Two time zones
- Two Public Health Units:
-Northwestern Health Unit
-Thunder Bay District Health Units

Context

- 2006 - Anishinabe Health Plan created
 - Vision for First Nations governed health system – including public health
- 2010 - Sioux Lookout area Chiefs mandated SLFNHA to develop a regional public health system
- 2012-2015 – SLFNHA received funding from Health Canada through the Health Service Integration Fund
 - Extensive community engagement
 - Public Health Working Group
- 2015 - Sioux Lookout area Chiefs approved public health model “Approaches to Community Wellbeing”

Background

- Regional integrated Public Health System called “Approaches to Community Wellbeing”
- First Nations Governance
- Unique Public Health model that fits the needs, values, and priorities of the First Nations communities
- Adaptable system that can be tailored to each community



Approaches to Community Wellbeing

The Anishinabe people of this land are on a journey to good health by living healthy lifestyles rooted in our cultural knowledge.



Vision

- The Teachings of our People
- Language
- History
- Family
- Wholistic
- Honour Choices and Respect Differences
- Share Knowledge
- Connection to the Land
- Supportive Relationships and Collaboration



Values

approaches to

COMMUNITY WELLBEING

BACK TO MOOSE

We are **CONNECTED** to the **Land**

Connected to the Teachings of our People

We have an **Awareness** of the **NATURAL ENVIRONMENT** and the need to **PROTECT IT !!**

We are speaking our **Language**

We are practicing the **Spirituality** of our **CHOICE**

our **DOGS** are under control...

CLEAN & SAFE

Safe Communities

Public works up to **Standard**

our dogs are under control

WASTE MANAGEMENT

ROADS

Safe clean **WATER**

VALUES

Vision

The **ANISHINABE** people of **THIS LAND** are on a **Journey** to **GOOD HEALTH** by practicing lifestyles rooted in **Cultural Knowledge**

Teachings of our PEOPLE

Connection to the LAND

Family

Sharing KNOWLEDGE

Language

Honouring Choices & accepting Differences

supportive Relationships

Holistic

our History

Children are being raised to be HEALTHY COMMUNITY MEMBERS

our **FAMILIES** know how to **CARE FOR** their **Children**

our children & youth are **EDUCATED** (traditional/modern)

consistent **DATA** collecting

ACCESS to information

ACCESS to **HEALTH CARE**

STAFF TRAINING SPACE

Integrated Holistic Sustainable approaches

PROACTIVE **AWARENESS** of healthy issues

BALANCE **CHOICE** of **MEDICINE**

Community Ownership over our Health

empowered

Participation in health programs

connected & supported Communities

Caring for **EACH OTHER**

Using **Skills** from **WITHIN THE COMMUNITY** to **solve problems**

Healthy Choices

CLEAN WATER

SPORTS OPPORTUNITIES Equipment

physical activity as part of living in the community

Food from our **gardens**

Food from the **Land**

foods that **NOURISH** our **BODIES**

HEALTHY Leaders people Leading the Way

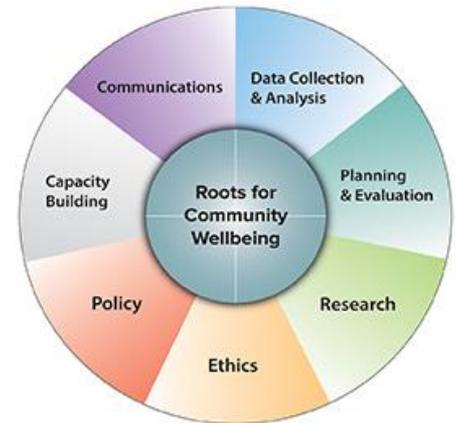
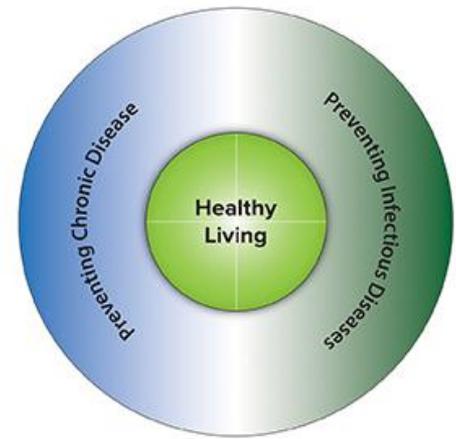
who are committed to **Healthy Communities**

WE KNOW WHO WE ARE

ELDER mentor & teach

WE ARE COMMITTED TO HEALTHY COMMUNITIES

Approaches to Community Wellbeing



For more information contact the Approaches to Community Wellbeing Team at 1-800-842-0681

February 2015

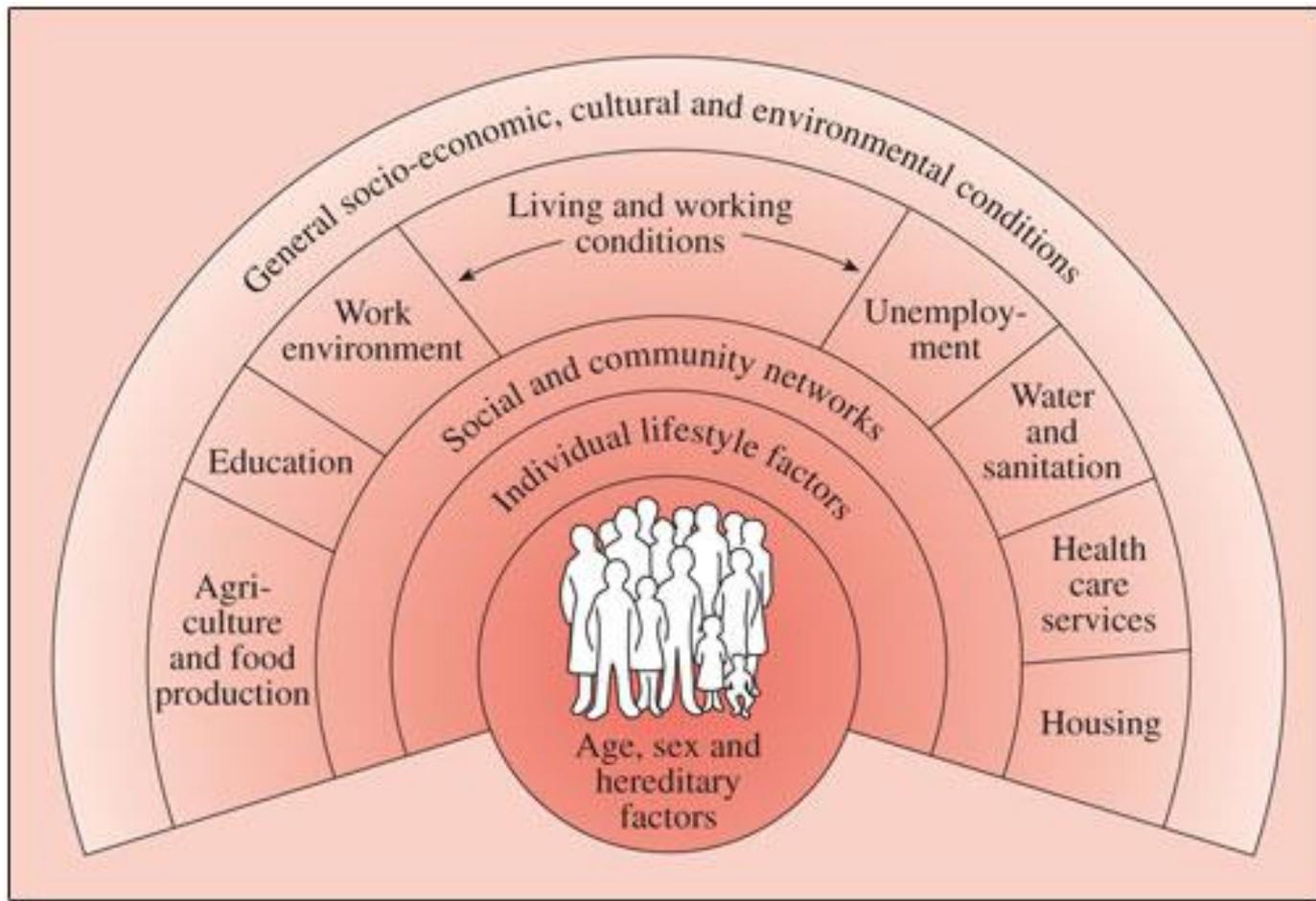
So why is ACW interested in housing?

Wellness

Preventing illness

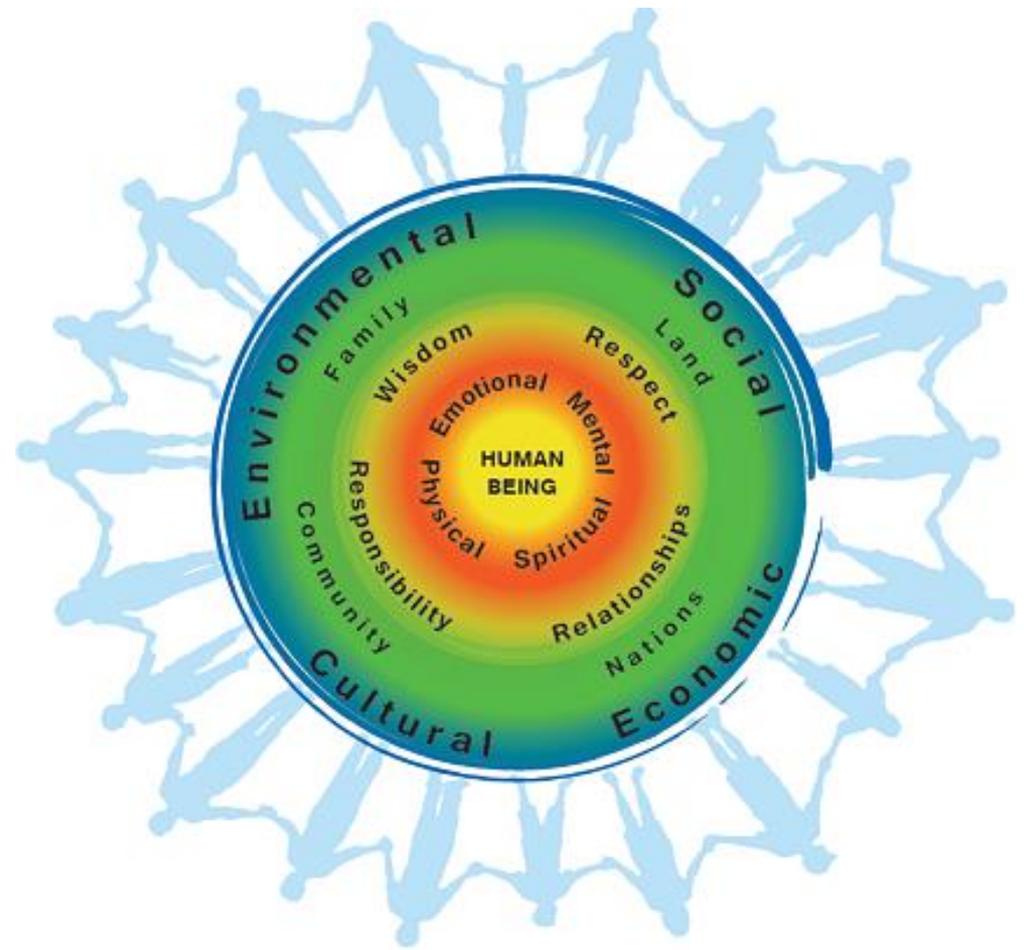
Promoting health





Determinants of Health

BC First Nations Health Authority:



Web of being – “public health approach”

Emotional

Physical



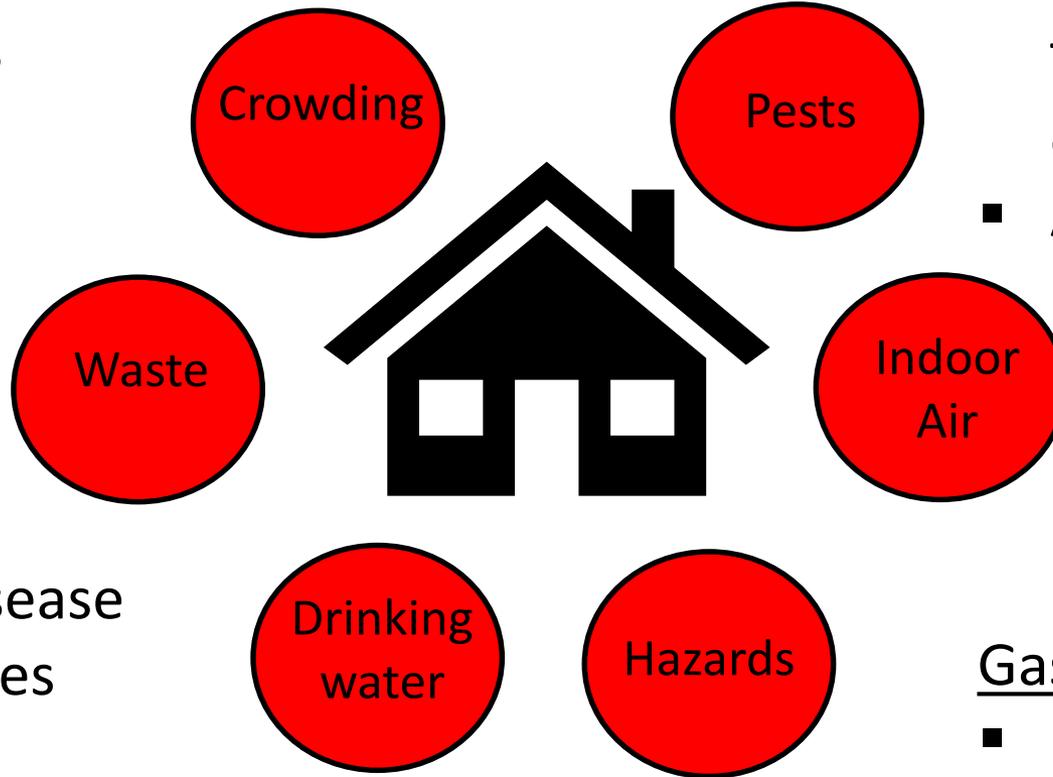
Mental

Spiritual

Impact of housing on health

Skin

- Infections
- Eczema



Other

- Heart disease
- Headaches

Respiratory

- Infections (e.g. TB, influenza, etc.)
- Asthma

Injuries

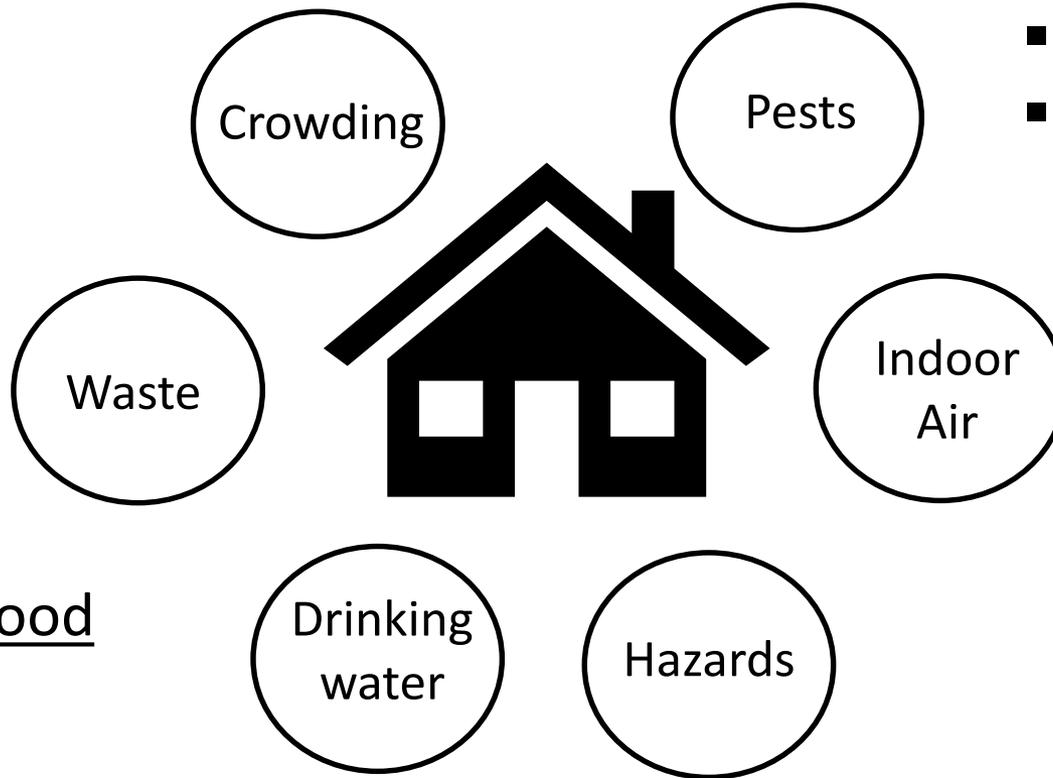
- Falls
- Burns

Gastro-intestinal

- Infections

Physical Impacts

Sleep deprivation



Mood Disorders

- Anxiety
- Depression

Early childhood stress

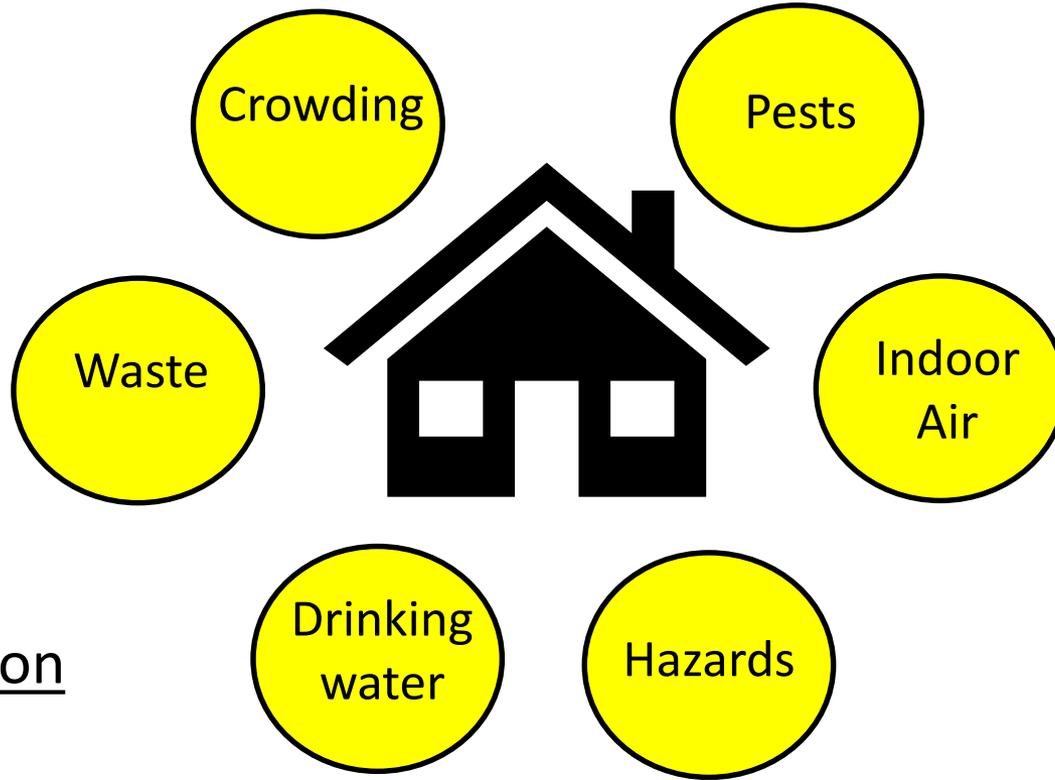
Mental Impacts

Addiction

Lateral violence

Stigma

Isolation



Emotional Impacts

Overcrowded housing has been associated with:

- Higher rates of respiratory infections
- Higher rates of skin infections
- Higher rates of rheumatic fever
- Malnutrition in children
- Stress, anxiety, depression among children

Evidence for the impact of crowding

Poor indoor air quality has been associated with:

- Respiratory diseases (e.g. asthma, infection)
- Allergy symptoms

Evidence for the impact of indoor air quality

- Public health not in control over housing BUT has important role to play
 - Measurement (e.g. health outcomes, presence of hazards, etc.)
 - Setting standards (e.g. indoor air quality, etc.)
 - Advocacy
 - Community education (e.g. decreasing indoor tobacco smoke)

What is the role of public health?

World Health Organization Definition of Healthy Housing:

- Shelter that supports a state of complete physical, mental and social well-being
- Provides a feeling of home, including a sense of belonging, security and privacy
- Refers to the physical structure of the dwelling and the extent to which it enables physical health

Healthy Housing

- Meets building codes
- Has safety features to protect the occupants
- Well-insulated
- Adequately heated
- Well ventilated
- Clean drinking water
- Clean burning EPA-certified wood-stoves
- Free from pests
- Free from indoor contaminants (e.g. mold, lead, etc.)

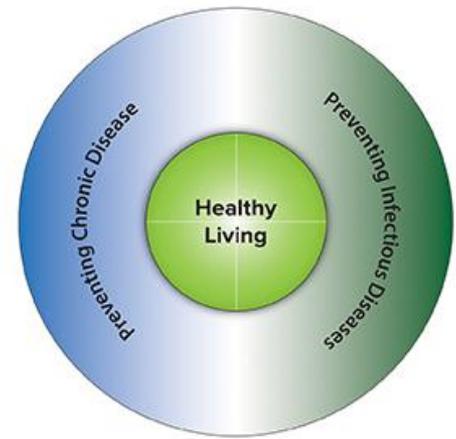
What does a healthy home look like?

Thinking beyond individual houses ... to healthy communities.

“Healthy built environments include, but are not limited to, access to and availability of adequate and suitable housing, clean water, nutritious foods, and safe neighbourhoods that promote physical activity, well-being, social interaction, mobility and a sense of pride and cultural identity.”

Healthy Communities

Approaches to Community Wellbeing

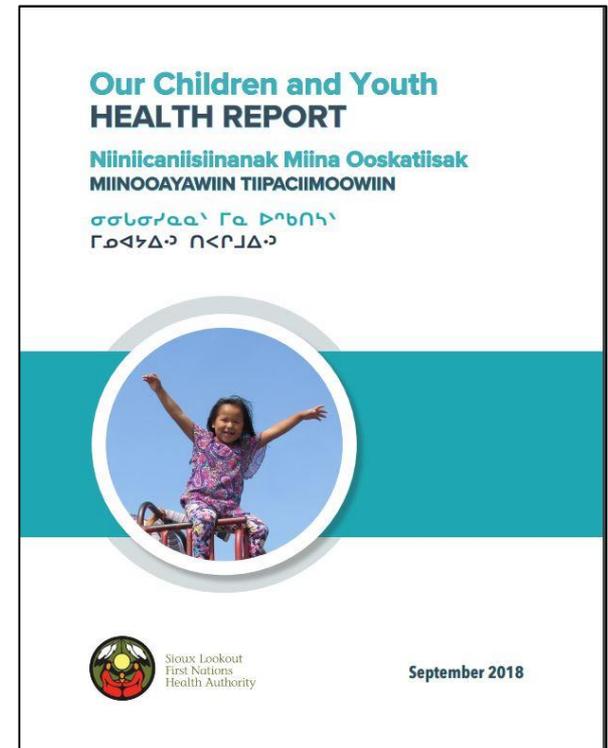


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Data Collection and Analysis

- Measuring health outcomes
- Supporting research
- ? Monitoring trends in health hazards



Role of ACW

- Advocacy
- Building relationships with organizations that control decisions related to housing
- Tools for households

Wholistic approaches – what small things can be done to promote healthy homes in other program areas (e.g. HBHC, etc.)

Environmental Health

Meegwetch!

Questions?

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