

# In Your

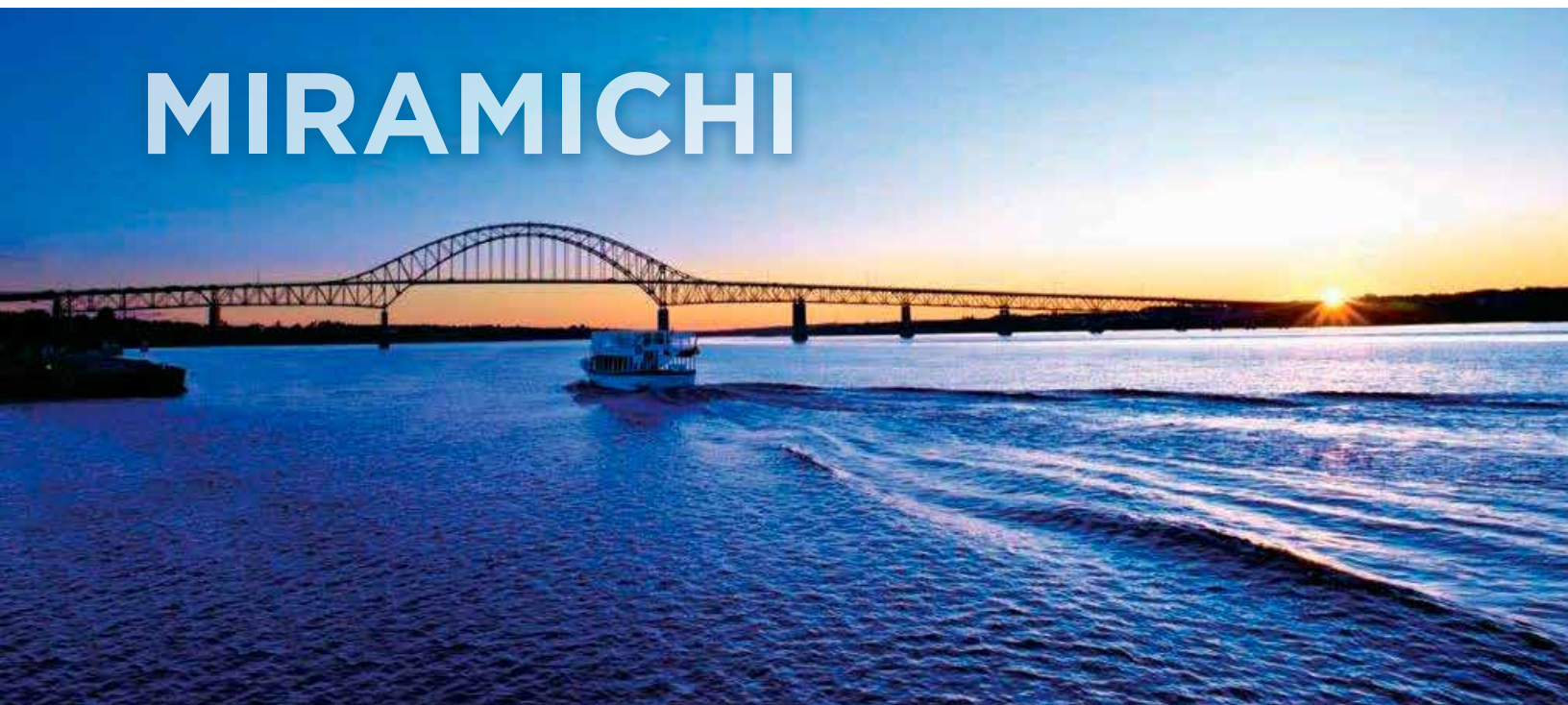
Community Health Needs  
Assessments in Action

October 2017 | Issue 3

# COMMUNITY



## NEGUAC



## MIRAMICHI

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### About Miramichi Area

The Miramichi area covers a large geographic area in the northern half of New Brunswick and represents a culturally diverse community.

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### About Neguac Area

The Neguac area covers a small geographic area in the north east part of New Brunswick.





# CEO Message

## Horizon Health Network is driven by its mission



Shining a spotlight on the exceptional programs and services that New Brunswick communities are creating is a rewarding experience. In the pages that follow, you will learn about how two of our province's communities are contributing to improving the overall health and wellness of their populations.

As your new CEO, it's been my priority to personally visit all of the vibrant communities where Horizon operates throughout this beautiful province and learn about each community's unique advantages and challenges. What I've seen and heard so far has been both educational and encouraging. The passion and commitment exhibited by New Brunswick's community leaders and residents in helping people be healthy has played a pivotal role in the development of programs to support both individual and community health. These visits have allowed me to see how our Horizon family is working collaboratively with communities to provide the best health outcomes for everyone.

In this third issue of *In Your Community*, we're highlighting the growth stemming from the completion of the Community Health Needs Assessments (CHNAs) in the areas of Miramichi and Neguac. CHNAs help identify the unique strengths and needs within communities and provide recommendations to improve the health and wellness of their residents.

The stories you are about to read will undoubtedly inspire you as they have inspired me. Community strength is at the heart of each and every success profiled here and will continue to serve as motivation for future health care improvements.

Karen McGrath, President and CEO  
Horizon Health Network

## Helping People Be Healthy

Good health lies at the heart of our daily quality of life. It is what all New Brunswickers want for themselves and those they love. Helping New Brunswickers be as healthy as they can be is the shared purpose that motivates all those who work at Horizon on a daily basis. To achieve the best results, Horizon puts patients and clients at the centre of the health delivery system.

Each New Brunswick community served by Horizon is unique. Working with key community partners, clinicians, and other stakeholders, progress has been made to identify and address their specific needs. This is an intentional effort initiated by Horizon to significantly improve community-based primary care, and support expensive tertiary services required by an aging population.



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Photo: City of Miramichi

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## In Your COMMUNITY

Community Health Needs Assessments in Action

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- Neguac Area Community Health Needs Assessment



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# Health care today

A well-designed health system should feature both strong centres of hospital-based care and appropriate community-based care “close to home” for New Brunswick residents. It’s a system that would ensure every New Brunswicker has access to the services they need to be as healthy as they can be.

With our province’s aging population, southern migration, and shift from rural to urban living, health care as we know it is changing. Government and non-government organizations and communities alike are looking for ways to deliver care in a way that does a better job of meeting the

unique needs of the people in each community.

The good news is that work is underway. Horizon Health Network (Horizon) is working in partnership with communities to provide better preventive, primary, and long-term care to community members, as close to home as possible.

## Community Health Needs Assessments

Since 2012, Horizon has been working with communities to gain a better understanding of their health care needs using Community Health Needs Assessments (CHNAs). A CHNA is a dynamic and ongoing process that identifies the unique strengths and needs of a community. This information provides both Horizon and the communities with a roadmap to achieving a common goal: **to improve the overall health of New Brunswick communities.**

Have you ever considered how housing or access to transportation might affect the health of an individual? You may not know it, but measuring community health goes far beyond studying rates of disease and the availability of health care services. Health services account for only 10% of what influences our health (see pie chart), which is why Horizon is working with individuals and agencies at a community level to

address the other 90%. The CHNA process provides an opportunity to get everyone around the table to look at all areas that are known to impact our health – health determinants (Table 1).

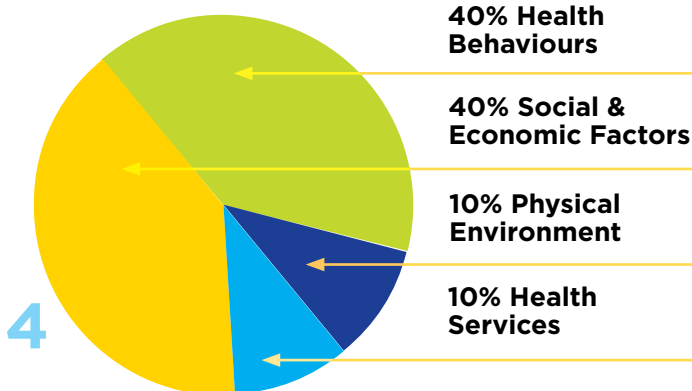
CHNAs help identify priority areas in the community that need attention and support the development of action plans to address them. This work influences programming that better serves the population and often supports the efforts of primary health care providers like family physicians, nurse practitioners, and pharmacists.

**Nobody knows a community better than the people who live there.** This work to address priority areas is being driven by a local committee that is passionate about the well-being of the community. With support from Horizon and other stakeholders, they are advocating for your health.

**Table 1: Determinants of Health as categorized by the Public Health Agency of Canada**

1	Income and Social Status
2	Social Support Networks
3	Education and Literacy
4	Employment and Working Conditions
5	Social Environment
6	Physical Environment
7	Personal Health Practices and Coping Skills
8	Healthy Child Development
9	Biology and Genetic Endowment
10	Health Services
11	Gender
12	Culture

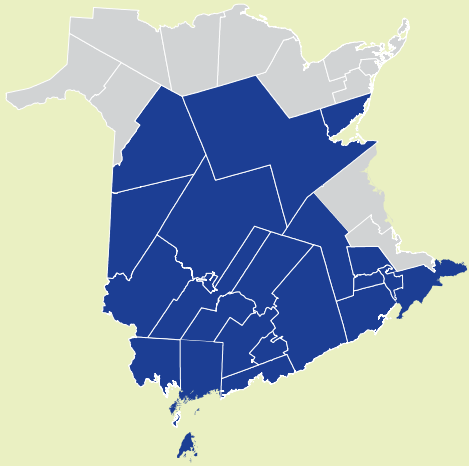
### What influences our health?



### What is primary health care?

Primary health care refers to an approach to health and a spectrum of services beyond the traditional health care system. It includes all services that play a part in health, such as income, housing, education, and environment. Primary care refers to health promotion, illness and injury prevention, and the diagnosis and treatment of illness and injury. (Health Canada)

# 17 Community Health Needs Assessments completed to date



The province is divided into 33 unique communities to ensure a better perspective of regional and local differences.

Community Health Needs Assessments have been completed in 17 of them.

- Oromocto and Area
- Fredericton and Surrounding Area
- St. Stephen, St. Andrews and Surrounding Area
- Petitcodiac, Salisbury and Surrounding Area
- Saint John
- Moncton and Surrounding Area
- Grand Lake Area
- Neguac Area
- Miramichi Area
- Tantramar Area
- Central New Brunswick
- Albert County Area
- Carleton County Area
- Tobique and Perth-Andover Area
- Eastern Charlotte County Area
- Nackawic, Harvey, McAdam, Canterbury Area
- Sussex and Surrounding Area

## Common Themes Emerging

### REGIONAL PRIORITY

 Food Insecurity	 Awareness of Services & System Navigation
 Transportation	 Social Supports to Help Individuals Move Out of Poverty
 Mental Resiliency and Coping Skills Among Children & Youth	 Housing
 Addictions & Mental Health Services	 Collaboration with First Nations
 Alcohol and Drug Use/Abuse	 Supporting the New Family Reality
 Expansion of Sexual Health Services & Sexual Abuse Treatment/Prevention	 Senior Isolation and Lack of Community/Social Supports for Seniors
 Access to Primary Health Care Services	 Senior Home Care and Outreach Services
 A Shift to More Comprehensive, Team-Based Primary Health Care	 Recreation
 More Focus on Chronic Disease Prevention	 Enhanced Collaboration, Communication & Connectedness
 Healthy Eating & Physical Activity	 Continual Community Engagement

## In your community

Knowing what is happening in your community is important. In the previous two issues of *In Your Community*, Horizon worked with four areas that had completed CHNA's: the Fredericton and Oromocto Areas and the Saint John and Grand Lake Area. This third issue will profile what is happening in the Miramichi and Neguac communities. In the pages that follow you will get a better understanding of what these areas are doing to build healthier communities and will showcase specific priorities, challenges, and successes.

Watch for our next issue, which will feature news from other Horizon communities.



# About Miramichi Area



Photo: City of Miramichi



The Miramichi area covers a large geographic area in the northern half of New Brunswick and represents a culturally diverse community. Although the City of Miramichi is considered mainly Anglophone, there are a number of smaller communities surrounding the city that are primarily Francophone. The Miramichi area is also home to two First Nation communities – Metepenagiag First Nation and Eel Ground First Nation.

In the early stages of the Community Health Needs Assessment (CHNA) process, stakeholders in the community expressed a desire to be joined with their neighbouring community of Neguac and jointly undergo the assessment process under the umbrella of the Northumberland Area. Stakeholders expressed this desire because the two communities share a number of health and wellness resources and have a long history of working together as one community.

Members of both communities formed the Northumberland Area Community Advisory Committee (CAC) and have been committed to improving the overall health of their respective residents. Following the completion of the CHNA, the CAC formed small working groups to begin improvement projects.

## What was learned through the Community Health Needs Assessment?

Miramichi's population has seen a decrease of three per cent from 2006-2011. This decrease is mainly due to an aging population, with 19 per cent 65 years and over. Also contributing to this population decline is the fact that many younger families are leaving the community to seek employment elsewhere. Data also shows that the community has elevated rates of many chronic health conditions when compared

## Key Stakeholders (Advisory Committee)

- Horizon Health Network
- Public Health
- Miramichi Regional Hospital
- Miramichi Family Health Team
- Miramichi Outpatient Clinics/ Ambulatory Care
- Anglophone North School District
- Metepenagiag First Nation Health Centre
- Eel Ground First Nation Health Centre
- City of Miramichi Recreation
- Mount Saint Joseph Nursing Home
- Department of Healthy & Inclusive Communities
- Miramichi Business Community
- Village of Neguac
- Village of Blackville
- Village of Rogersville
- Northumberland County Sport Network
- Miramichi Family Resource Centre
- Community Mental Health Association
- Local Clergy
- Miramichi Regional Police Force
- MANGO Program
- Social Inclusion Network
- Live Well/Bien Vivre
- Miramichi Family Violence Prevention Network
- Education and Early Childhood Development
- Francophone Community Development



to provincial averages, such as high blood pressure, gastric reflux (GERD), arthritis, depression and chronic pain. The 10 priority areas determined from the CHNA are outlined in the following.

### Priority Areas

1. The need to improve supports in the community for families that are struggling and experiencing difficulties.
2. An increase in mental health issues among children and youth in the community.
3. Food insecurity in the community.
4. An insufficient amount of affordable home care services in the community provided by well trained, adequately compensated staff.
5. The need for a community wellness centre with affordable programs targeted at all age groups.

6. Transportation issues in the community that impact health.
7. Lack of awareness regarding programs and services already available in the community.
8. The need for a mental health mobile crisis service in the community.
9. Limited recreational activities for children and youth in the community, particularly within outlying areas.
10. The need to improve community safety for residents living in First Nation communities.

### How are we doing?

Since completion of the CHNA for Miramichi, a tremendous amount of work has been accomplished to ratify the needs of the community and address the recommendations. Addressing food insecurity in the community and the prevention of childhood obesity are priorities for Miramichi, as evidenced with its Fresh for Less and 5-2-1-0 A Way of Life programs, which focus on affordable access to fresh fruits and vegetables and physical activity in place of screen time for kids.

Uniting the community is also a priority, with excellent work being done through the Be Alive

Wellness Network, which provides community members of all ages affordable programs to improve social environments and personal health practices. It is also very encouraging to see the great initiative demonstrated by the Miramichi Healthy Child Network, which is bringing stakeholders together to develop a country-wide strategy to better support area families and children. Other positive actions stemming from the CHNA include the establishment of a Mobile Crisis Team and the development of the Positive Mental Health Strategy to empower the community's school population.

### Where do we go from here?

The Miramichi area is vibrating with positive change. Community involvement and enthusiasm will continue to be vitally important to sustain this change, with initial successes measured through continued community participation.

We are also looking forward to hearing more from the Transportation Workgroup as we work to develop a community transportation plan which will address the gaps identified in this area.

In the following pages you will learn more about the Miramichi area's wonderful programs and services.

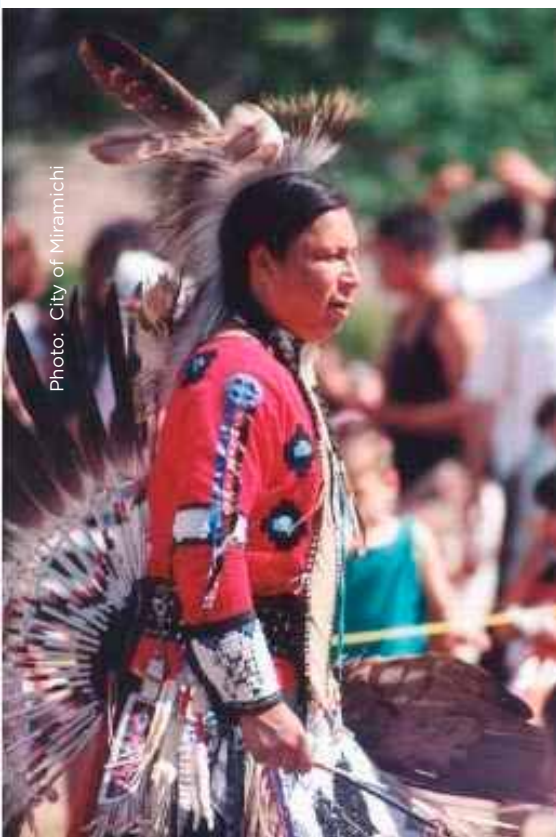


Photo: City of Miramichi



Photo: City of Miramichi

# 5-2-1-0 A Way of Life



*A Way of Life. Un mode de vie.  
Ta'n Tel-mimajimk*

It takes a village to raise a healthy child — that's the belief of those behind a new initiative in Northumberland County. The 5-2-1-0 A Way of Life initiative hopes to reduce childhood obesity and raise healthy children, all while educating and engaging the entire community about healthy lifestyles.

Renée Murphy, MANGO program co-ordinator, and Annie Roussel, Miramichi Public Health dietitian, want families and community members to be able to live, work, and play in an environment where the healthy choice is the easy choice. They believe a healthy lifestyle can begin with the four simple messages of the 5-2-1-0 slogan:

- Enjoy - 5 or more fruits and vegetables per day
- Power down - No more than 2 hours of screen time each day
- Move more - At least 1 hour of physical activity everyday
- Drink more water - 0 sugar added beverages

This initiative originated in the United States, and found success in other Canadian provinces. It has been adapted for the needs of Northumberland County.

A committee, led by Murphy and Roussel, was formed last fall. The committee includes health professionals, education officials, daycares, City of Miramichi officials, First Nations members, parents, and volunteers. The need for such an initiative was sparked by rising obesity rates across Canada and New Brunswick, as well as a lack of statistics for the province's youngest children. While there was plenty of data for school-aged children, there was very little for children from birth to 3.5 years old. A study, done in partnership between Miramichi Public Health and the Université de Moncton, of 2,595 children aged zero to 3.5 years found the majority of children were obese, overweight,

Horizon Health Network conducted a Community Health Needs Assessment for the Miramichi Area in 2015. The following article highlights key recommendations of that assessment.



**Healthy Eating  
& Physical Activity**

or risked becoming overweight. What was concerning to all involved were the factors that lead to obesity of children at such a young age, including birth weight, weight gain in first years, parental weight, breastfeeding, introduction of solids, income, and parental denial. "If parents don't perceive their children as obese," Roussel says, "they won't change their habits."

Tobi Deveaux, a resident and active volunteer in the community, agrees:

"As a mom of two young athletes and a fitness instructor, I have been volunteering with health and wellness committees in our community for over 10 years. I have never been so excited about an



Photo: City of Miramichi





Photo: Getty Images

initiative as I am about 5-2-1-0 A Way of Life! I firmly believe that this program can change people's lives. It is simple, not restrictive, and it promotes a message that is universally accepted by all health professionals. Drink more water, eat vegetables and fruit, move your body, and put down the screen - so simple, yet so powerful."

Although obesity trends will be tracked, of which they aim to reduce or at the very least keep stable, it will take a long time to measure data. The success of the program will be marked by the changes made by leaders in the community. An indicator of its success, for example, may be that a daycare chooses to no longer serve juice and a family physician will include the 5-2-1-0 messages when counselling families. "We live in an environment where it's hard for families to lead healthy lifestyles," said Murphy. "We

want to make it easier to make a healthy choice." The initiative will also curv the consequences of obesity, such as diabetes, high cholesterol, high blood pressure, sleep apnea, joint problems, depression, and even cancer. As well, being overweight or obese in early childhood significantly increases the likelihood of being overweight or obese in adolescence and adulthood.

Future plans for the team include designing a toolkit for health care professionals and daycares to adopt the 5-2-1-0 initiative in their organization. They also plan to visit various community organizations to discuss how the community can work as a whole to create healthier environments.

For more information, please contact Renée Murphy by email at [Renée.Murphy@HorizonNB.ca](mailto:Renée.Murphy@HorizonNB.ca) or by phone at 627-7563.



Photo: Getty Images



# Fresh 4 Less program doing its part to boost food security

A program that has taken root in the Miramichi area is helping to improve the health and well-being of Northumberland area individuals and families who previously had difficulty accessing fresh fruits and vegetables for their daily consumption.

Fresh 4 Less, initiated in October 2016 by the Northumberland Food Security Network, currently benefits 400 participants each month in the Miramichi and surrounding areas. Its purpose: to improve health outcomes of the communities by offering fresh fruits and vegetables at a lower cost to consumers and ensuring food security – sufficient, safe, nutritious food to maintain a healthy and active life.

Melanie Cormier, a dietitian with Horizon Health Network’s Mango program, serves as co-chair of the Food Security Network and helps with management and administration of Fresh 4 Less.

The program is operated from four distribution centres in Miramichi and from one in each of the communities of Baie Ste-Anne, Neguac, Rogersville, Blackville, and Redbank First Nation. Produce is bought in bulk from a wholesaler, sorted and bagged by volunteers, and distributed to clients once a month.

Cormier is pleased to see Fresh 4 Less helping people who cannot afford to buy fresh food staples every month. “They get access to healthy produce at a low cost that in turn helps them learn how to eat and prepare new fruits and

vegetables, and reach their optimal five a day,” she said. “It’s also rewarding to see others coming forward to sponsor community members who are living on a low income.”

Generous sponsorships have been received from the City of Miramichi, the Greater Blackville Resource Centre, the Northumberland Community Inclusion Network, and many community members.

“My hope as a dietitian is to see healthy choices being the EASY choice in our community,” Cormier said. “Many great initiatives are currently focusing on improving the food culture in Northumberland County and Fresh 4 Less makes accessing fresh fruits and vegetables easier for many people.”

Unfortunately, 11% of homes in Northumberland County and 23% of county homes with children under the age of five are “food

Horizon Health Network conducted a Community Health Needs Assessment for the Miramichi Area in 2015. The following article highlights key recommendations of that assessment.



**Food Insecurity**

insecure,” Cormier indicated. It’s a large, spread-out region with many rural areas, making it difficult for some residents to access fresh, whole foods. There’s also a lack of skill in food preparation, which can contribute to an over-reliance on less nutritious prepackaged, processed foods,” she said.

The large regional Fresh 4 Less program was inspired by a smaller program that has met with great success in the community of Eel Ground First Nation. In a community where 40% of residents do not have food security, the program has created much excitement about and real connections to healthy food







alternatives, especially among young people. The program eventually evolved into an open market-style operation set up once a week on Saturdays at the Natoaganeg Community Food Centre.

Chad Duplessie, project coordinator for Healthy Bodies, Minds and Spirits at Eel Ground, was witness to the enthusiasm of Fresh 4 Less and is pleased to see it's served as a model for the regional program.

"What better time to influence people on good food and nutrition than when they're young," he said.

"The movement we have seen take place here is contagious and it's no surprise we have been used as a model for the larger program and the larger good. We're all better off helping each other gain access to fresh food at a reasonable cost."

Owen Ward, 13, one of the young food champions at Eel Ground, enjoys the hands-on experience the programs have provided. "I like helping out and volunteering," he said. "It's better than video games!"

Lisa Doucet, outpatient dietitian at Miramichi Regional Hospital and a Fresh 4 Less client herself, has high praise for the program. "I promote it every day as many of my patients have a hard time buying fruits and vegetables. I encourage everyone to become a member, regardless of their financial means."

Caring Friends Activity Centre has been involved with the Fresh

4 Less initiative since its beginning. It serves as a distribution centre and has recently taken on registration and the sorting of produce. "Our clients feel a sense of ownership and pride in the Fresh 4 Less program as they work together with volunteers and the community to improve wellness," said Beatrice Loggie, executive director of Caring Friends. "The program is a great way to give back to our community."

People wanting to get involved with Fresh 4 Less can register and get a bag of fruits and vegetables for either \$10 or \$20 (small vs. large). They can also sponsor a community member who's in need of assistance, or donate financially to the program and organizers will locate someone to sponsor.

For more information about Fresh 4 Less in the Miramichi area call 506-627-7562.

# Be Alive Wellness Network links seniors to available services

An organization in Northumberland County is doing its part to encourage, foster, and support healthy life choices among older adults in the community. It's also making great strides in increasing awareness of the key programs and services that are available to assist this group in making informed decisions.

The Northumberland Be Alive Seniors' Wellness Network (Be Alive Seniors' Wellness) facilitates access to local wellness groups, tools, and resources that will help families improve their health and the wellness of fellow community members.

"We serve in an advocacy role and are a voice for seniors," said Renée Murphy, chair of the network and a dietitian with Horizon Health Network's Mango program. "Whether it's a fitness program, a wellness fair, or simply an easier way to access traditional health care, we share bilingual information about services and help to get people talking about what's available in different communities."

Murphy points out that different age groups have different health and wellness needs. "It's important to make sure all members of our community have access to accurate information and opportunities that will enable them to stay healthy," she said.

As a health professional working with wellness networks, Murphy's greatest reward has been seeing that projects put in place and

partnerships established have made a positive difference in people's lives.

"I have a passion for wellness and truly believe in the benefits of healthy lifestyles," she said. "Furthermore, I'm very fortunate to work with people who have the same passion. Many members of Be Alive Seniors' Wellness are volunteers and give of their personal time to help and support the community."

Being aware of programs is a key factor, and being able to access them is crucial. As a partner in Be Alive Seniors' Wellness, the Northumberland Community Inclusion Network (CIN) is developing a plan to provide affordable transportation options for people who are unable to get to wellness-related appointments.

Isabella Imperatori, CIN coordinator, says the need is there and it's urgent. "Many seniors cannot afford cabs and it can often be difficult to wait for the bus or a shuttle. By the end of this year, the CIN of the Northumberland region plans to implement an efficient community transportation service, with volunteer drivers, similar to what's available on the Acadian Peninsula and in Kent County."

Be Alive Seniors' Wellness applauds the CIN transportation initiative and the City of Miramichi for its resolution to become an official age-friendly community and all that it involves. The global movement, initiated by the World Health Organization, encourages

Horizon Health Network conducted a Community Health Needs Assessment for the Miramichi Area in 2015. The following article highlights key recommendations of that assessment.



## Senior Isolation and Lack of Community/Social Supports for Seniors

communities to promote the active participation of seniors.

Murphy says achieving the vision of a society for all ages requires an age-friendly approach to wellness. It allows communities to value and involve seniors, while making sure appropriate services and supporting environments are in place. "The City is leading the way; we are being supportive; and we'll help to involve other communities," she says. "There will be lots of benefits for seniors."





Be Alive Seniors' Wellness partners represent various organizations including: the Department of Health; the Department of Social Development; the NB Senior Citizens Federation; Addictions and Mental Health Services; Public Health; the Extra-Mural Program; the Healthy Active Living Program; the City of Miramichi; and various seniors' clubs and organizations.

Judy Bowman, Miramichi regional representative of Healthy Active Living NB and activity coordinator at Miramichi Senior Citizens Home, has received positive feedback about Be Alive Seniors' Wellness from older adults, both in the community and at presentations she has delivered.

"The consensus is that our regional Be Alive Seniors' Network is vital for sharing information about health initiatives, social functions, fitness classes, and volunteering opportunities, and it inspires the over-50 age group to engage mentally, emotionally, spiritually, and physically in their lives," Bowman said. "Many

# Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

## Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

### Let's Talk Intensity!

Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath'. Activities like:

- Cross-country skiing
- Swimming

### Being active for at least 150 minutes per week can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better

### Pick a time. Pick a place. Make a plan and move more!

- Join a community urban poling or mall walking group.
- Go for a brisk walk around the block after lunch.
- Take a dance class in the afternoon.
- Train for and participate in a run or walk for charity!

- Take up a favourite sport again.
- Be active with the family! Plan to have "active reunions".
- Go for a nature hike on the weekend.
- Take the dog for a walk after dinner.

Now is the time. Walk, run, or wheel, and embrace life.



Photo: Getty Images

in our region share and promote these opportunities, passing along to their peers and younger generations the wisdom and knowledge about how to have meaningful, productive lives."

Information about the various groups, tools, and resources available to seniors in New Brunswick is located online at <http://www.wellnessnb.ca/seniors/>. Be Alive Seniors' Wellness has also developed a seniors' guide that outlines how to access various services.

For more information about Be Alive Seniors' Wellness and/or to obtain a guide, call 506-627-7563.

# About the Neguac Area

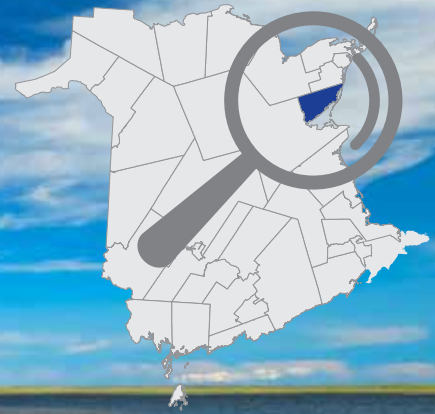


Photo : Getty Images

The Neguac area covers a small geographic area in the north east part of New Brunswick. The area is primarily a Francophone community strongly connected to its Francophone heritage and culture, and is also home to the Esgenoopeetitj First Nation. Much of the community is made up of rural villages and hamlets with a population of 8,656. 1,715 residents are Esgenoopeetitj First Nation, with 14.1% of residents in the Neguac area identifying as Aboriginal.

In the early stages of the Community Health Needs Assessment (CHNA) process, stakeholders in the community expressed a desire to be joined with their neighbouring community of Miramichi and jointly undergo the assessment process under the umbrella of the Northumberland Area. Stakeholders expressed this desire because the two communities share a number of health and wellness resources and have a long history of working together as one community. Members of both communities formed the Northumberland Area Community

Advisory Committee (CAC) and have been committed to improving the overall health of their respective residents. Following the completion of the CHNA, the CAC formed small working groups to begin improvement projects.

## What was learned through the Community Health Needs Assessment?

Neguac's population has seen a decrease of three per cent from 2006-2011. This decrease is mainly due to the fact that many younger families are leaving the community to seek employment elsewhere. Historically, the Neguac area was reliant on agriculture, forestry, and fishing. Agriculture and forestry have seen declines in recent decades; however, since much of the community is situated on the north shore of Miramichi Bay, fishing and fish processing are still a major source of employment in the community. Data also shows that the community has elevated rates of high blood pressure and depression,

## Key Stakeholders (Advisory Committee)

- Mental Health Professionals (Neguac)
- Mental Health Professionals (Miramichi)
- Patients living with chronic disease
- Family Support Services
- Senior Issues
- Northumberland Alternative Level of Care Committee
- Spiritual Leaders
- Domestic Violence Support Services
- Eel Ground First Nation & Well Being
- Metepenagiag First Nation Health & Well Being
- Rogersville Health and Well Being

as well as a persistence of arthritis, gastric reflux (GERD), diabetes, chronic pain, heart disease, cancer, emphysema or COPD, and mood disorders other than depression, and stroke. The 10 priority areas determined from the CHNA are outlined in the following:

## Priority Areas

1. Addressing the need for improved family supports.
2. Addressing mental health issues among children and youth.
3. Addressing food insecurity in the community.



4. Addressing the need for affordable and competent home care services.
5. Improving safety for First Nation residents.
6. Addressing the need for improved transportation.
7. Creating awareness regarding existing community resources.
8. Developing a plan to implement a mobile crisis service.
9. Addressing prescription drug abuse/addiction.
10. Addressing the need for bilingual ambulance services.

### How are we doing?

Since completion of the CHNA for Neguac, much work has been done to verify the needs of the community and address the recommendations. The Neguac area has recently demonstrated its unity and resilience as it faced challenges related to the 2017 ice storm, with many households experiencing power outages for several days.

A review of the priorities identified by the CHNA process with leaders of the community revealed the existence of efforts in addressing access to healthy and affordable food through the promotion of community gardens, access to a local food bank, and the promotion and implementation of Fresh for Less in their community. Also, a group was quickly brought together to review the data presented on the prevalence of drugs in the community (including inappropriate use of prescription drugs), and the development of a campaign to raise awareness of the issue and provide a venue to return prescription medication when it's no longer required. This is

commendable work for an issue that is all too common in many other communities.

### Where do we go from here?

The population of the Neguac area, including Esgenoôpetitj First Nation Community, is known for its resiliency, unity, strong cultural values, and a willingness to work together to address challenges. Even prior to the results of the Community Health Needs Assessment being released, key stakeholders from the Neguac area already understood that the experiences children have during their first five years have a tremendous impact on the development of their brains, their health, and their future as adults.

The vibrancy of the area will most definitely continue to contribute to Neguac's positive movement as residents pool their efforts to address priorities identified in the CHNA process.

In the following pages you will learn more about Neguac's wonderful programs and services.



Photo: Sheena Dougan



Photo: Sheena Dougan



Photo: Sheena Dougan



# Neguac Community Garden

The seeds of community, belonging, and togetherness have been planted in Neguac with the addition of a community garden, which will give access to fresh produce for participating families.

Led by the Alnwick Wellness Committee, the community garden was made possible thanks to a \$5,000-grant from the New Brunswick Department of Social Development's Community Food Action Program.

"We applied for the grant this past winter," said Annie Roussel, Chair of the Alnwick Wellness Committee. "The money went toward the purchase of garden box materials and land preparations like tree removal, new soil, and adding compost."

The creation of the garden, which is located at CSC LaFontaine, included two information sessions over the spring months led by Jeanne D'Arc Lavoile, a well-known organic gardener in the Acadian Peninsula. Each session attracted 12 participants, and from those participants five families

agreed to tend to a garden plot over the summer. The garden also received help from the carpentry class at CSC LaFontaine, which built the garden boxes as part of its class project.

"Each family will choose what they want to plant based on a list of suggestions and guidelines," said Roussel. "It will be their responsibility to plant, water, and harvest their crop, and then we'll host a third information session about preserving the harvest."

And local community gardening participants think the project is an excellent idea. "We had been planting typical vegetables for a few years now and wanted to expand our garden and add some variety," said Remi Rousselle and Julie Robichaud. "This community garden is great because we think it's important to have a variety of fresh vegetables on our plates, get a better understanding and appreciation for nature, and enjoy the outdoors."

Following the harvest, the Alnwick Wellness Committee will evaluate the program, but is anticipating

Horizon Health Network conducted a Community Health Needs Assessment for the Neguac Area in 2015. The following article highlights key recommendations of that assessment.



**Food Insecurity**

applying for the grant again next year.

"The overall plan is to expand the garden, build a shed, and purchase more garden tools," said Roussel. "We'd also like to add a social area to promote community building."

The community garden seeks to improve health outcomes in Neguac by offering fresh fruits and vegetables to ensure food security – sufficient, safe, nutritious food to maintain a healthy and active life. The garden also seeks to promote a sense of belonging within the community through resident involvement.









# Community Health

Celebrating individuals and groups  
Helping People

In the fall of 2016 Horizon announced the creation of the Community Health Recognition Awards (CHRA) to the Horizon Board, members of the Executive Leadership Team, and Horizon's Local Community Engagement Committees.

The awards aimed to celebrate individuals and groups that are making a difference to improve overall health in their community. Over 80 submissions for the Community Health Recognition Awards were received, and Horizon's Local Community Engagement Committees reviewed the submissions and selected three winners from each of the Fredericton, Miramichi, Moncton, Saint John and Upper River Valley areas, for a total of 15 awards.

Winners received \$500 towards their charity, a certificate and an award.





# Recognition Awards

Groups in the community who are

**Be Healthy!**

## Congratulations Winners

### Fredericton

- Doaktown Community School Library
- "I am Me" - East and Central African Association
- Mountain Bike Minto

### Miramichi

- Fresh 4 Less
- Natoaganeg Youth Champions - Eel Ground First Nation School
- Schizophrenia Society of New Brunswick

### Moncton:

- Lise Brun - Development of Hope Library
- Peter McKee Food Centre
- St. Philips Anglican Church (Learn to Cook and Learn to Sew Programs)

### Saint John

- AIDS Saint John
- Crescent Valley Resource Centre - Food Program
- Living SJ

### Upper River Valley

- Gail Farnsworth - creating wellness programs for seniors in Nackawic
- Rowena Simpson - volunteer for over 20 years with River Valley Lifeline
- True North Baptist Church - "Got Your Back" Program

**A short video describing the services the individuals and organizations provide can be viewed at**

**[www.HorizonNB.ca](http://www.HorizonNB.ca)**





# Message from Jean Daigle

Photo: Sheena Dougan



Since introducing the first issue of *In Your Community* over one year ago, we have celebrated the tremendous work of five New Brunswick communities to implement recommendations outlined in their Community Health Needs Assessments (CHNAs). And this, our third issue, continues to demonstrate the commitment of community residents and leaders in two additional areas as they strive to improve population health.

In this issue, we've highlighted some of the great work taking place in the Miramichi and Neguac areas. Like all New Brunswick communities, each of these areas is unique in terms of assets, strengths and needs, but they also share a common goal to bring together existing community-based services and build on their ongoing efforts to promote better health and better care.

We are proud that all 17 CHNAs have been completed. We now have an opportunity to use this information as a foundation for making informed decisions about community-based health care. While we focus on two communities in this issue, I would encourage you to revisit the previous issues to read about what is happening in five other Horizon communities.

Horizon is a large organization, yet we contribute to just a small portion of what determines the health of an individual. This is why we are focused on working with many stakeholders, health care organizations, government, community organizations, and individuals like you to fully meet the unique needs of everyone in our communities. We each have an important role to play in improving the health of New Brunswickers.

As always, I would like to thank the communities for participating in the CHNA process and for sharing their success stories. It is through their work, their collaboration with primary health care teams, and their commitment to prioritizing the needs of the population that we will continue to see improvement and growth at the community level.

Jean Daigle, Vice President Community  
Horizon Health Network

