



THE NEWS

A snapshot of BCHC's work:

Welcoming and Inclusive Communities: Food for Thought- Abbotsford:

Food for Thought is a multi-dimensional collaborative community initiative aimed at "cooking up cultural harmony." One of the main components of the program is providing leadership training and support to intercultural groups of youth to plan and implement community projects around the theme of food – a topic of interest for all cultures! "Food for Thought" is a collaborative community initiative funded by the Welcoming and Inclusive Communities and Workplaces Program of the Immigrant and Integration Branch, Ministry of Advanced Education and Labour Market Development.

This multi-dimensional project and website includes:

- Multicultural Youth Action Teams
- iDigital Stories about the work of the Youth Action Teams and their desires for Abbotsford
- Research on Abbotsford's values
- Opportunities for employers to create and enhance welcoming workplaces
- Foodie Favourites - Add you own to the website!
- and more...

A key highlight will be an exhibition at the Eat! Fraser Valley Food and Cooking Festival being held at Tradex September 17, 18, & 19, 2010.

Check out our newly launched website at <http://hungryforfutures.ca/>

Climate Action Secretariat:

BCHC continues to deliver climate action engagement workshops in partnership with the Climate Action Secretariat. The most recent Regional Climate Action Summit was hosted in Prince George in June 2010. Watch for summits coming to your region in early fall.

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Healing Cities: A Working Group

By Lindsay Clark, Mark Holland, Joaquin Karakas, Keltie Craig, and Nicole Moen

About Healing Cities

The healing process in the human body is the ability to rebuild, repair and regenerate cells; regeneration in this case draws upon the body's innate intelligence to heal itself. What would it then mean for a city to be "healed," and furthermore, what methods and processes would support cities to facilitate healing in the context of sustainability planning? How might the built form and natural spaces of the city actually care for human's physical, spiritual, mental, social and emotional needs? A literature review revealed that relationships between health and the built environment are of increasing concern to those in the planning and design realms, however, few practitioners explicitly address holistic health and wellness. As planners, designers and health practitioners, we have an opportunity to open up a dialogue about how different conceptualizations of spirit may interact within the healthy cities framework.

Project Purpose & Working Definition

Healing Cities is an integrated approach to planning and design for the natural and built environment that values holistic health and wellness of people and ecosystems. It's a radically different way of understanding the urban experience; it recognizes that cities are not built to house machines, but rather whole multi-dimensional beings with physical, social, emotional, and spiritual needs. The Healing Cities Framework thus combines aspects of health and spirit for improved wellbeing of a community within an integrated approach that is tailored to the needs of whole beings. It is a shift in planning process and design to meet the whole spectrum of people's needs while working towards sustainability.

The Healing Cities Project Elements

1. **A framework:** A framework of elements that fully connect human physical, emotional and spiritual aspects to all dimensions of cities;
2. **Policy recommendations:** Specific guidelines for "understanding" of the elements and considerations for urban spaces that are beneficial to "whole beings."
3. **Design guidelines:** A body of research of data showing the connections between health and place, as well as precedents/examples of healing places and spaces and methods for enhancing the healing performance of place.
4. **Rating system to look at city wellness indicators for assessing spaces:** building upon work of Canadian Index of Wellbeing and other quality of life indicators, this rating system would assess the healing performance of spaces.
5. **Workshops:** To present the framework, policy and guidelines to use in assessing and designing spaces for "whole beings" and thereby achieve healthier cities.



Healing Cities is a one day conference event held as a part of the Gaining Ground Conference, EcoLogical. Hosted in Vancouver October 4-7. For more information on Healing Cities check out:

<http://www.gaininggroundsummit.com/program.htm#Day3>

For more information on EcoLogical, check out page 5.

THE COMMUNITY



The Maples at Latimer Creek is an adult-oriented community currently under development in the Township of Langley. Located in a rapidly growing urban centre directly across from the new Langley Event and Recreation Centre and the 60 acre Willoughby Park, the Maples at Latimer Creek will provide the full range of housing, health care, and services for people aged 55+ in a development that will meet all green standards and is a demonstration of a healthy community. Most residents will own their own condo apartment. If they require additional support, residents can receive health care and personal services in the comfort of their own home, such as personal care, laundry and meals. As their health changes, they can move within the community if they wish and receive higher levels of care, all within walking distance of their friends and community stores and services. Two things set The Maples at Latimer Creek apart from all other 55+ communities in Canada. The first is that few other communities offer a complete range of housing and health care services, from independent living for active adults to long term care. The second defining characteristic is unique in Canada: a Healthy Living Co-op, owned by the residents, will be the linchpin of the community. It will organize and coordinate all the services necessary for healthy and active aging. The Healthy Living Co-op will act as an advocate for members needing help with health care matters. Community buildings will be surrounded by extensive walking trails winding along Latimer Creek and throughout 10 acres of green space that will be protected forever. BCHC has provided advise through various stages of this planning process, utilizing the Integral Capacity Building Framework (ICBF) for integrated, holistic planning.

Food For Thought Youth Action Teams

Abbotsford's Food for Thought Project has been using creativity and youth driven commitment to 'cook up cultural harmony' through two youth-led community change projects. The two project teams, Welcome Home and Student Connections, have been working with dedication, commitment and ambition since the teams were developed this past spring. In only four short months, the teams have identified innovative and community-based capacity building and change projects linking local food security and community development – with youth in the leadership roles! Welcome Home is focused on creating new collaborations across the cultural and service oriented community kitchens, the team will also be exploring the development of a social enterprise. Student Connections is organizing a day of action for Abbotsford high school students throughout the district, including a lunch time event called "80 Dishes Around the World" where cultural appetizers will be served and local businesses and entrepreneurs will have the opportunity to meet with local youth change makers. The two projects are moving forward to their launches at the Eat Fraser Valley Event, anticipating presenting their initiatives and ideas to over 14,000 people! This month our community champions are the dedicated, inspiring and motivated young leaders from these two teams: Kelly Kedrosky, Amani Saini, Audrey Caluag, Tanya Singh, Rithu Jagannath, Catherine Luu, Coral Allard, Colleen Mackie and Jacob Koh!

THE CHAMPION



Food For Thought™
Cooking Up cultural harmony

Chronic Disease Prevention and Determinants of Health

“Chronic disease can no longer be explained only as an outcome based on engaging in the ‘wrong’ health behaviours. There is a need to look beyond individual responsibility to understand the ways in which the social environment shapes the decisions we make and the behaviours we engage in.”

Chronic Disease in Ontario and Canada: Determinants, Risk Factors and Prevention Priorities, Ontario Chronic Disease Prevention Alliance, March, 2006, page ix

In 1986, the Ottawa Charter for Health Promotion declared that health is “created and lived by people within the settings of their everyday life: where they learn, work, play and love”. This declaration gave way to exploring factors that lead to healthy people in healthy communities, such as income, social support, employment, education, housing, personal health, coping skills, healthy child development, etc, that we now know as the Determinants of Health. When community members experience challenges accessing resources to support physical, mental and social well-being, they often face impacts of inequities in health.

What is Chronic Disease

Chronic disease can be defined as “Illnesses that are prolonged, do not resolve spontaneously, and are rarely cured completely,” (Ibid March 2006). According to the report “Chronic Disease in Ontario and Canada: Determinants, Risk Factors and Prevention Priorities”, the five major chronic diseases in Canada are cancers,

cardiovascular diseases, respiratory disease, diabetes, and mental illness. When exploring risk factors of chronic disease, The World Health Organization defines risk as the probability of an adverse outcome, or a factor that raises this probability (World Health Organization, 2002). They indicate that risks do not occur in isolation for any health outcome or disease and that health outcomes have their roots in complex chains of environmental, behavioural, and biological events that have many causes and may have occurred over long periods of time. This complex chain of events often includes direct and indirect causes leading to the development of chronic disease.

Making the Links

Lifestyle factors in the development of chronic disease have typically been focused on physical activity, healthy eating and tobacco use. At the population level, chronic disease prevalence and outcomes are related to more indirect social environmental factors and characteristics of the health system, as well as the organization of society and services in general. These factors together make the group of sociobehavioural risk factors for chronic disease. In many ways, underlying social factors shape lifestyle and behaviours, as well as exposure to environmental factors and access to the health care system (Adler & Newman, 2002). It has been shown in the literature that about 50% of premature mortality is related to behavioural factors, and 20% is related to environmental factors (Adler & Newman, 2002). Thus, we consider multiple levels of sociobehavioural risk factors in understanding the development of chronic disease.

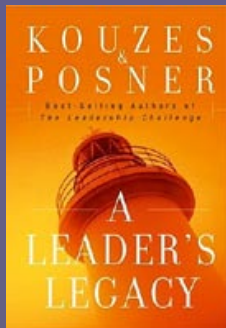
Much research has also shown that there are higher instances of chronic disease where there are health inequities- with the most common one being poverty.

Next months article will explore community-level actions that can be taken to support equitable health for all such that it supports chronic disease prevention in your community.

THE READINGS

A Leader's Legacy

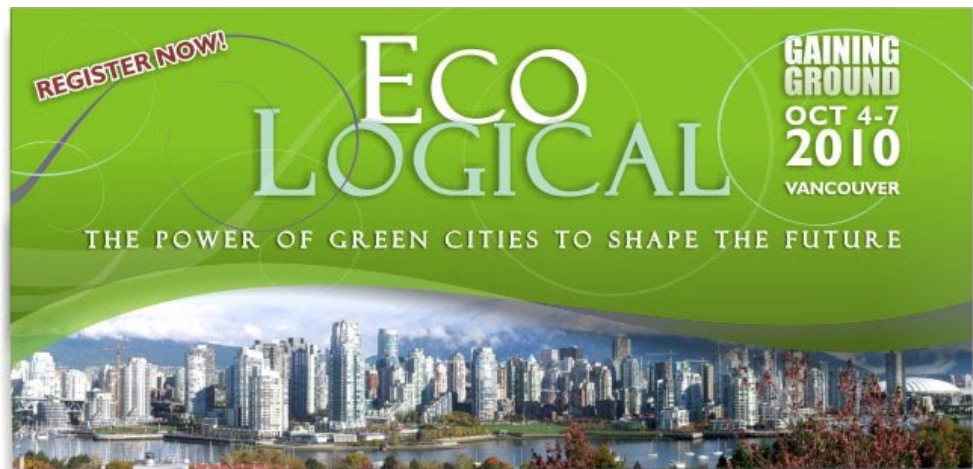
James Kouzes and
Barry Posner \$24.95



In this provocative book, leadership experts and authors of the best-selling *The Leadership Challenge* Jim Kouzes and Barry Posner take on a unique challenge and explore the question of leadership and legacy.

Kouzes and Posner examine in twenty-two chapters the critical questions all leaders must ask themselves in order to leave a lasting impact. These powerful essays are grouped into four categories: Significance, Relationships, Aspirations, and Courage. In each essay the authors consider a thorny and often ambiguous issue with which today's leaders must grapple—issues such as how leaders serve and sacrifice, why leaders need loving critics, why leaders should want to be liked, why leaders can't take trust for granted, why it's not just the leader's vision, why failure is always an option, why it takes courage to "make a life," how to liberate the leader in everyone, and ultimately, how the legacy you leave is the life you lead.

UPCOMING OPPORTUNITIES



For 2010, the Gaining Ground urban sustainability conference chooses ecological work over ecological worry, and delivers an exceptional three-day conference themed around three crucial subjects: policy and industry buy-in; green economy; and complete community design and human health and well-being.

info@gaininggroundsummit.com • www.gaininggroundsummit.com • 250-858-4600

For more context on the conference program, check out the Conference Plan at <http://www.gaininggroundsummit.com/program.htm>

Gaining Ground will take place in Vancouver's Downtown and Gastown area using the experimental Wong Theatre and other facilities at the new SFU Woodward's building, Downtown BCIT campus, SFU's Segal Graduate School of Business, and the Wosk Centre .

The conference will be three full days (Oct. 5/6/7) with a pre-conference day on Oct. 4. Each of the three conference days will have a particular focus or emphasis:

- * Day 1 - Governance and Industry Collaboration
- * Day 2 - Green Economy
- * Day 3 - Community Engagement and Social Innovation

These themed conference days will stand alone for those with a particular area of interest and limited time but build powerfully on each other for those who invest in the full-conference experience.

Visit us on Youtube at <http://www.youtube.com/user/GainingGround2010>

How can BC Healthy Communities support your community?

- We support communities to see capacity building as an ongoing part of how they can reflect on and respond to changing issues and conditions.
- We support communities, organizations, local governments and individuals to see their work as part of a 'bigger picture', working with the whole system, acknowledging interconnections and patterns.
- We support communities to think about community engagement and collaboration as well as how this is supported by political commitment and policy.

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