

# Healthy Homes Healthy Communities: A Public Health Perspective



Sioux Lookout  
First Nations  
Health Authority

February 13, 2020

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SLFNHA

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SLFNHA



About the speakers

- 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 team
  - Approaches to Community Wellbeing (public health)

The logo graphic for SLFNHA features a dark green background with a pattern of lighter green, stylized leaf or petal shapes. A horizontal band of red and dark red colors runs across the top of the graphic, with a red circle partially visible on the right side.

**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**

approaches to

# COMMUNITY WELLBEING

BACK TO *Moes*

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

## Connected to the Teachings of our People

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

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

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

Public works up to **Standard**

**CLEAN & SAFE**

## Safe Communities

our dogs are under control  
**WASTE MANAGEMENT**

**ROADS**

Safe clean **WATER**

## Community Ownership over our Health

**empowered**

**Caring** for EACH OTHER

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

**connected supported** Communities

**Participation** in health programs

**SPORTS OPPORTUNITIES**

## Healthy Choices

Physical activity as part of living in the community

Food from our **gardens**

Food from the **Land**

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

# 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**

**Family**

**Language**

**supportive Relationships**

our **History**

**Holistic**

**Connection to the LAND**

**Sharing KNOWLEDGE**

**Honouring Choices & accepting Differences**

WE ARE COMMITTED TO **HEALTHY COMMUNITIES**

## Children are being raised to be HEALTHY COMMUNITY MEMBERS

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

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

consistent **DATA** collecting → reporting → **ACCESS** to information

## Integrated Holistic Sustainable approaches

**PROACTIVE** **ACCESS** to **HEALTH CARE**  
**AWARENESS** of Health issues

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

**STAFF TRAINING SPACE**

## HEALTHY Leaders people Leading the Way

who are committed to **Healthy Communities**

WE KNOW WHO WE ARE

**ELDERS** mentor & teach



# Approaches to Community Wellbeing



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

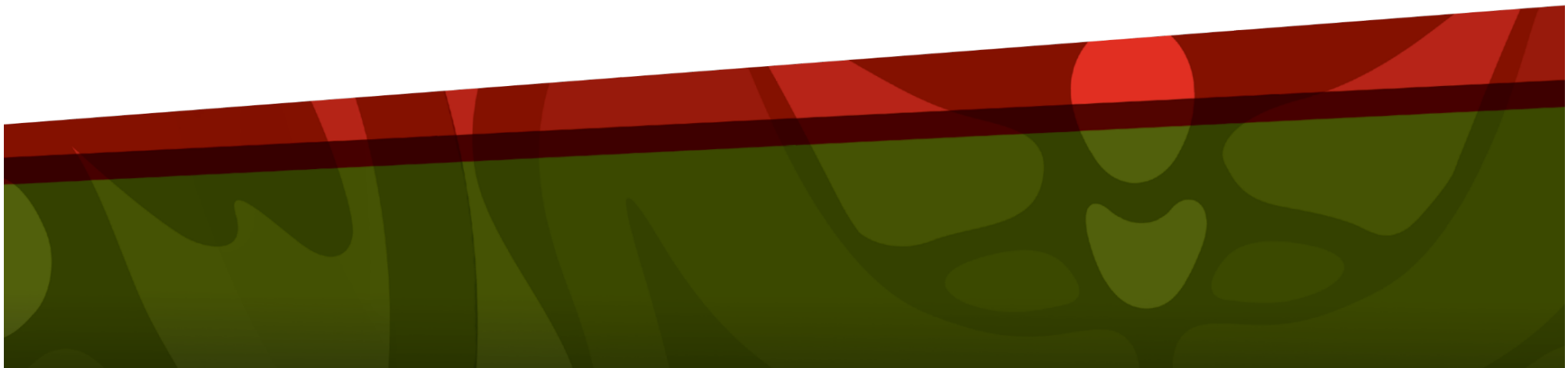
February 2015

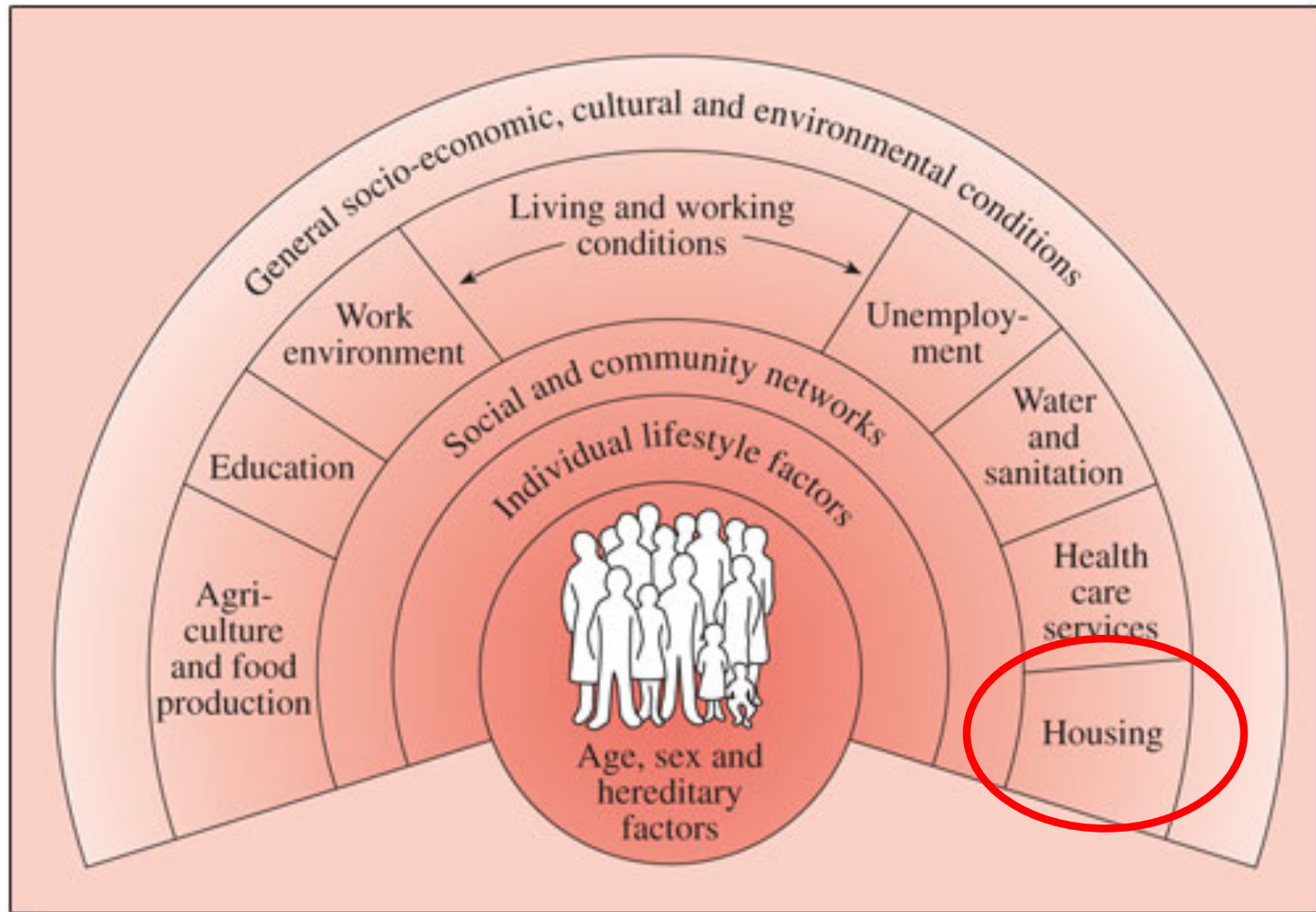
So why is ACW interested in housing?

Wellness

Preventing illness

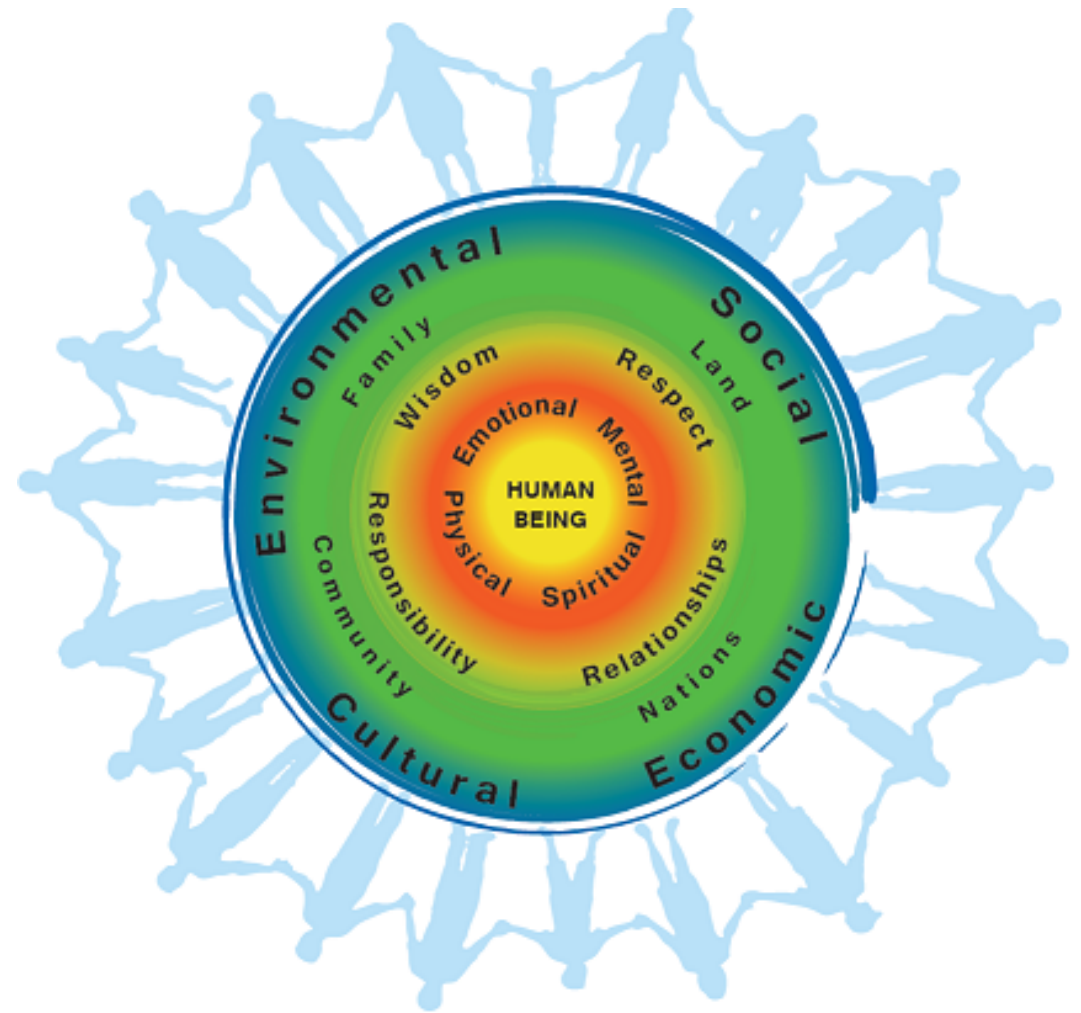
Promoting health





## Determinants of Health

# BC First Nations Health Authority:



Web of being – “public health approach”



Emotional

Physical



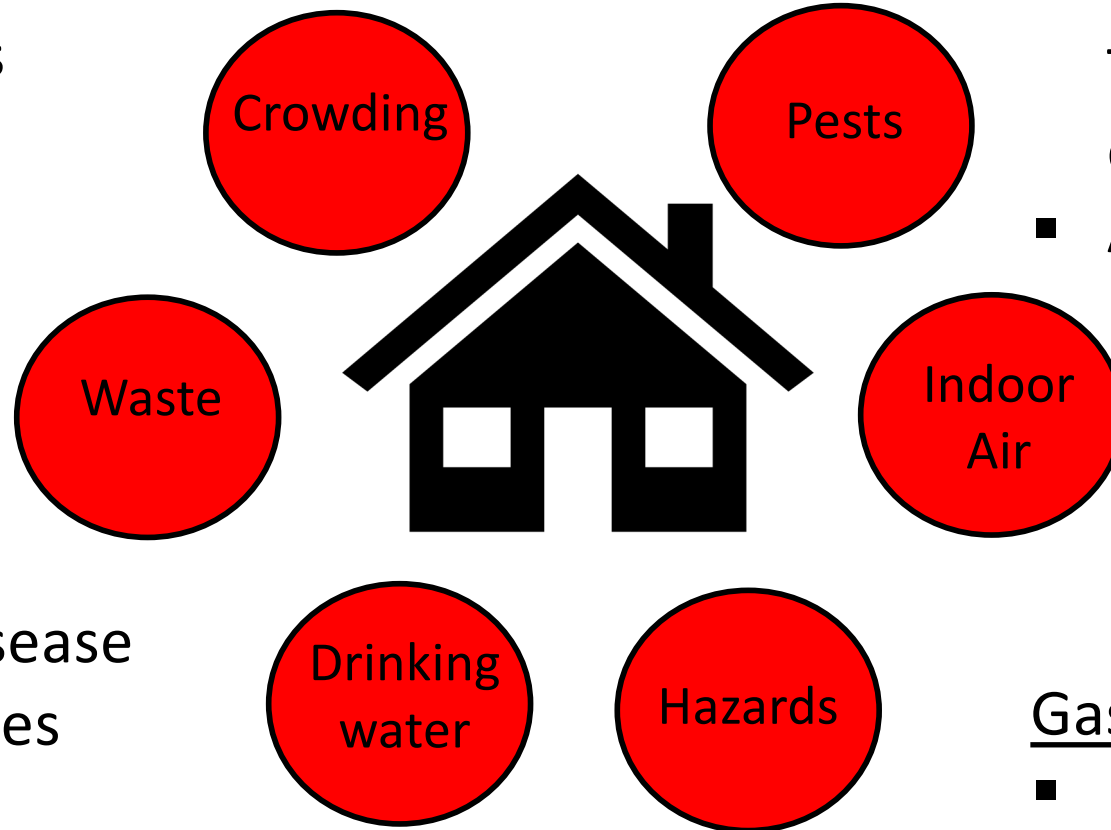
Mental

Spiritual

Impact of housing on health

## Skin

- Infections
- Eczema



## Respiratory

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

## Injuries

- Falls
- Burns

## Gastro-intestinal

- Infections

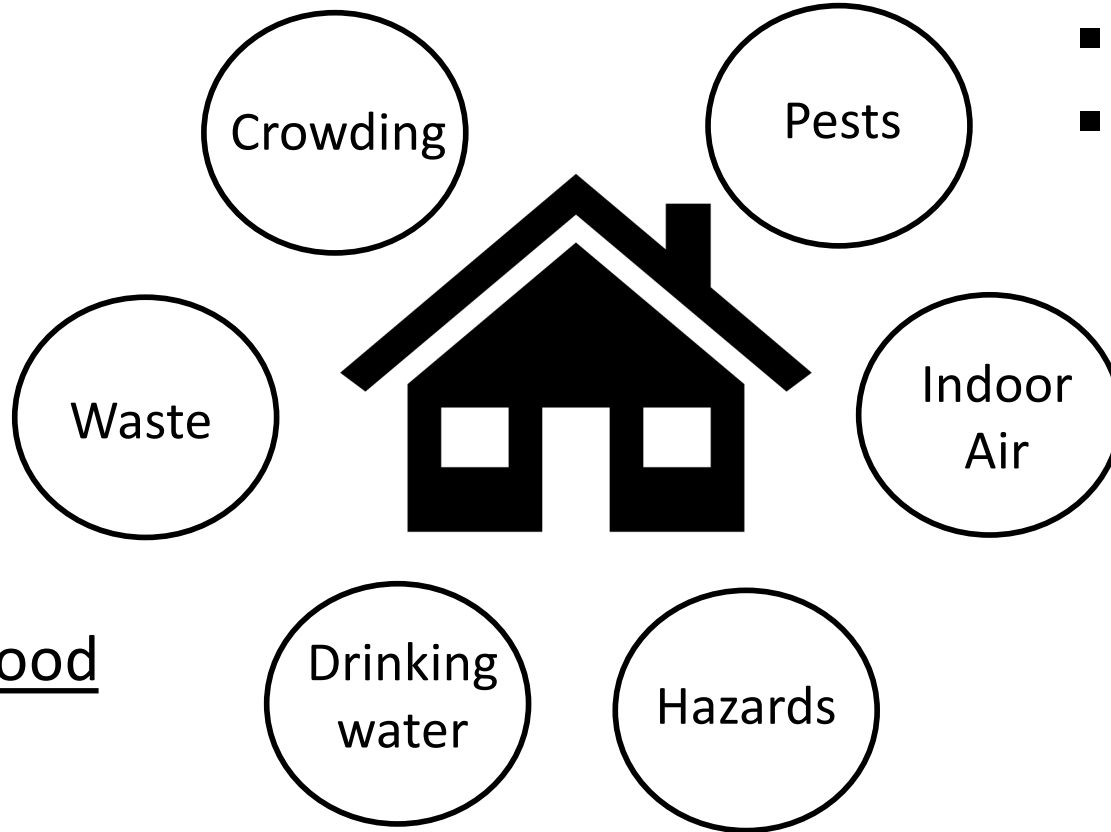
## Other

- Heart disease
- Headaches

Physical Impacts

Sleep deprivation

Mood Disorders



- Anxiety
- Depression

Early childhood stress

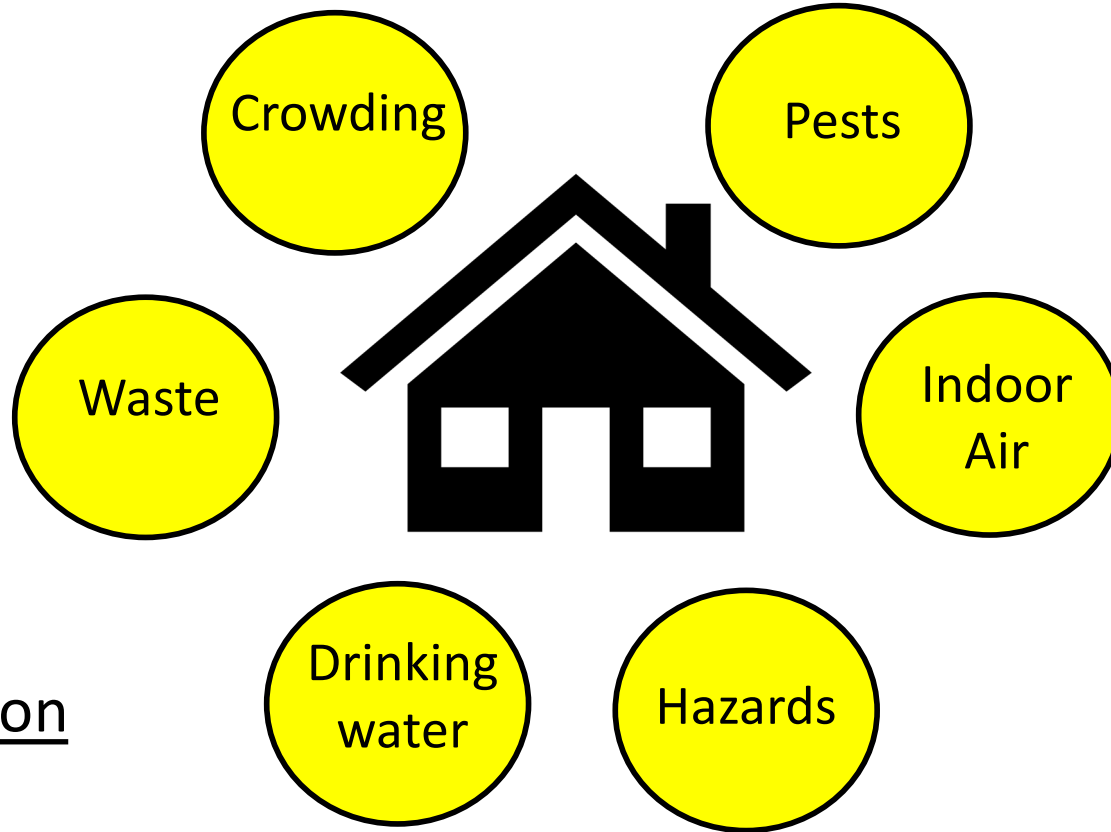
Mental Impacts

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?

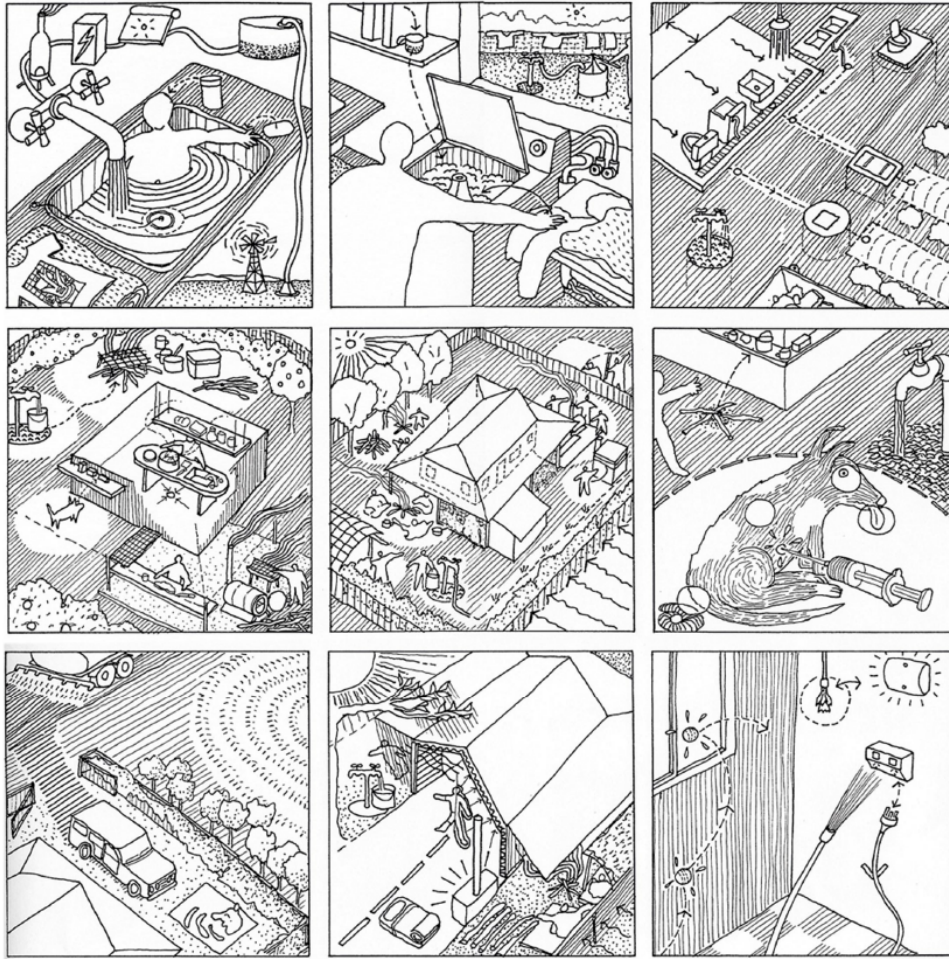


H E A L T H A B I T A T

ENVIRONMENTAL HEALTH & DESIGN

- Australian non-profit organization
- Approach to improving health through improved housing
- Housing for Health – the Guide

Housing for Health



# Housing for Health - Healthy Living Practices

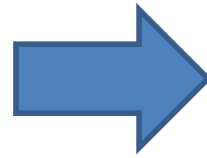
- Electrocution
- Gas explosion and asphyxiation
- Injury from fire
- Structural collapse



Immediate safety risks



1. Washing people, especially children
2. Washing clothes and bedding
3. Removing wastewater safely



Decreasing infectious diseases:

- Skin infections
- Respiratory infections
- Gastrointestinal infections

Healthy Living Practices

4. Improving nutrition



**essential prerequisites for improved nutrition**

5. Reducing the impact of crowding

6. Reducing the impact of animals, insects and vermin

7. Reducing the impact of dust

8. Improved temperature control



decreasing infectious diseases

decreasing chronic diseases  
improving mental health

9. Reducing minor trauma



decreasing injuries



Healthy Living Practices

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



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

February 2015

## How is ACW working towards improving housing?

- Health status reports
- Health promotion
- Pest control project



Role of ACW

# Our Children and Youth HEALTH REPORT

Niiniciisiinanak Miina Ooskatiisak  
MIINOOAYAWIIN TIIPACIMOOWIIN

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Γδδδδδδ Ν<ΓΔδδ



Sioux Lookout  
First Nations  
Health Authority

September 2018

# ANISHINIIW NANADOWI'KIKENDAMOWIN



# HEALTH OUTCOMES OF OUR PEOPLE



Sioux Lookout  
First Nations  
Health Authority

October 2019



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



Environmental Health

- What small things can be done to promote healthy homes in other program areas (e.g. HBHC, etc.)?
- How can housing and health departments work together?
- How can we work together to decrease the impact of overcrowding?



Questions

# Meegwetch!

Questions?

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