

How you can be involved in creating a healthier Mayne Island

Take care of your own health

Share what you have

Honor elders

Greet people

Listen; seek to understand

Hire young people for odd jobs

Help carry something heavy

Fix it even if you didn't break it

Listen to the birds

Get to know your neighbours

Support the school

Organize a block party

Ask for help when you need it

Share your skills

&

Support the work of the Mayne Island Health Centre Association:

- ✓ Make a donation
- ✓ Buy a membership (\$5.00)
- ✓ Volunteer for a committee or a project
- ✓ Make a presentation or write a letter to the Board: Tell us what works well and what doesn't
- ✓ Visit our pages on the Mayne Island Website: www.mayneisland.com

Mayne Island Health Centre Association
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V0N 2J0

Mayne Island Health Centre Association (MIHCA)



Report to the Community on our 3-5 Year Plan

Spring, 2008

Mayne Island Health Centre Association

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survey findings. We plan to consider all the findings of the survey in consultation with our physician and others, as appropriate, as we move to determine priorities.

- Our planned action is to research alternatives, prioritize these and begin implementation of health promotion and illness prevention initiatives by the end of 2008.

Goal 3: Broaden local involvement in promoting a healthy community

Work to include the business community, faith based groups, community service groups and the community at large in promoting health on Mayne Island.

As our new Mission and Vision state, we are committed to promoting full community engagement in improving the health of Mayne Islanders.

Our first step in doing this is the publication of this document to make community members and groups aware of our plan and encourage their involvement.

Following the formulation of our health promotion and illness prevention strategies, we plan to share these with the community and ask for participation in related projects.

Goal 4: Evaluate our progress

An evaluation plan has been developed for each of the objectives. The evaluation will ask the following questions:

- Did we do what we said we would do?
- What have we learned from our work?
- What will we do differently next time?

MIHCA expects to report annual evaluation results to the community.

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Summary

Dear Mayne Islanders,

This booklet documents a brief history of the Mayne Island Health Centre Association; explains recent changes in our role and outlines the process and outcome of a strategic planning process that has taken place over the past year.

As a Board, we learned a great deal in this process. We learned something about the health status of islanders. This “snapshot” will enable us to compare health status over time and see if progress is being made towards our goal of improving the health of islanders. We learned about what doesn’t work as well as it might, in terms of access to health services and supports. We learned what the priorities of islanders are for improvements. Most importantly, we learned through reading positive comments in the surveys and through the Appreciative Inquiry that there are many things that do work well and are strengths that we can build upon.

We are fortunate to have many caring and committed people involved in the delivery of health care and associated services—people who are willing to go “above and beyond the call”. Additionally, we have numerous strong community groups and a host of volunteers who are active in promoting activities that affect health.

Finally, we want to acknowledge all the islanders who participated in this project, survey respondents, the Appreciative Inquiry planning meeting participants, researchers Charles and Alice Krebb who assisted with data analysis and our physician Dr Losier who, along with her colleagues at the Health Centre, provided expertise and advice on the survey design and thoughtful feedback on the draft survey report.

Sincerely,

Carol Munro

For The MIHCA Board of Directors

community space are properly qualified and insured to offer services (massage, chiropractic, etc.), that community groups have access to scheduling and that rents are collected efficiently.

Goal 2: Increase community awareness of healthy living practices and health services.

Objectives

Regularly update information about healthcare services and supports, in print and on the Mayne Island Web site.

- *At the Appreciative Inquiry, a group was formed to create an information “package” related to the services islanders, weekenders and tourists can expect to receive on Mayne Island. This package will include information on what services are available, when they are available, how to access them, etc. Board members will participate in this group and MIHCA will provide funding for whatever print materials are decided upon as well as the cost of publishing information on the Web site.*
- *Information about the activities of MIHCA will continue to be publicized in the Mayneliner, and when appropriate, islanders will be invited to participate in letter-writing campaigns, meetings, etc.*

Plan and implement health promotion and illness prevention initiatives.

This will be an important part of MIHCA’s work over the next three years. The Health Survey provided us with good information about the health status and health concerns of islanders.

For example, high blood pressure, high cholesterol and arthritis are the most prevalent health conditions amongst islanders. We could bring speakers to the island, promote “healthy heart” programs, encourage a local business to install a blood pressure testing machine, encourage alternative health practitioners to come to Mayne, etc.

Another example: We know that islanders want better access to prescription medication. While we do not have the population to support a local pharmacy, we are aware of a volunteer program on another island whereby medications are picked up and brought to the island on a daily basis.

The foregoing are simply examples related to the

on the Southern Gulf Islands Mental Health Advisory Committee

- Ensuring ongoing representation of MIHCA on the Southern Gulf Islands Health Advisory Committee.

Promote a continuum of care from home to hospital and back.

Our action plan includes:

- Providing ongoing support to and liaison with the Mayne Island Assisted Living Society
- Continuing to offer emergency kits to islanders who are flown off the island because of a health crisis
- Meeting quarterly with the home-care professionals
- Staying aware of issues and taking action where appropriate. We will be developing a process for community feedback to the Board to assist with this objective.

Support the institution of a broad-based coalition of service providers.

- This group was formed at the Appreciative Inquiry planning day with a goal of bringing local health care workers together on a regular basis to share resources, exchange information and address critical issues affecting the delivery of high quality health care.
- As a Board, we fully support this initiative that should result in a stronger network of care providers. A Board member will attend the networking meetings and we will do what we can to support the ongoing work of this group.

Fund-raise to provide and maintain up-to-date medical equipment for the Health Centre and further the goals of the MIHCA.

Our action plan includes:

- Continuing to raise funds to purchase medical equipment for the Health Centre, as requested by our physician, and to support the implementation of the MIHCA Strategic plan.
- Creating a fundraising plan and instituting a fundraising committee.

Manage efficient use of the Health Centre community space

- MIHCA will continue to ensure that users of the

History

The Mayne Island Health Centre Association (MIHCA) has been in existence for more than 30 years. Managed by a local board of directors, the Association was formed with the following objectives:

- To manage the community Health Centre
- To participate in the formulation of objectives, priorities and programming of services
- To be active in achieving an integrated system of health, with all its related services.

MIHCA assisted in the establishment of the Health Centre which was opened in April of 1976.

Over the years, MIHCA has worked with the Vancouver Island Health Authority (VIHA) and local health professionals to ensure that Mayne Islanders have access to as many health and wellness services as possible. This work included raising funds to equip the health care centre – purchasing new items such as stretchers, examining tables, emergency room equipment, computers, etc. as required by our health care providers. More recently, in partnership with the CRD, MIHCA constructed a new facility for the storage of Red Cross equipment which is loaned out to Mayne Islanders.

Recent Changes

In 2007, the Mayne Island Improvement District (MIID) took over management of the Health Centre building and grounds, however MIHCA agreed to continue to:

- Promote community health in collaboration with health professionals
- Fund-raise for specialized medical equipment and facilities
- Manage scheduling of the rooms and spaces within the main building for short term/ occasional renters.

Funding for MIHCA work has come from

- Donations from the community
- Bequests and In Memoriam contributions
- Lease agreements with the VIHA and the physician.
- Rent from community users of the lower floor at the health centre.

The revenue from the leases have now been transferred to the MIID and is used to offset some of the cost of cleaning the building. The MIHCA now relies totally on donations, memberships and rents from users of the community space in the Health Centre to fulfill its mandate.

A New Role for MIHCA

With fewer responsibilities related to management of the Health Centre facility, the MIHCA Board envisioned that it could now play a stronger role in advocating for services to meet the health needs of islanders and with this in mind, the Board decided to conduct a community survey that would serve two purposes:

1. Find out about the overall health status of Mayne islanders – with the idea that this would enable the Board to see what areas of health might be improved through its' work
2. Determine which health related issues islanders believe need attention.

THE PLANNING PROCESS

The planning process involved a community survey, analysis of the data collected, preparation of a report, an Appreciative Inquiry with local health care providers, the MIHCA Board and interested community members and finally the creation of the Strategic Plan.

Four main goals were decided upon:

- 1. Increase our ability to provide a continuum of services on Mayne Island**
- 2. Increase community awareness of healthy living practices and health services**
- 3. Broaden local involvement in creating a healthy community**
- 4. Evaluate our progress**

The next section of this report demonstrates the **objectives** that flow from these goals and some details of the **actions** the Board intends to take.

Goal I: Increase our Ability to Provide a Continuum of Services on Mayne

Objectives

Work with local health care providers to advocate directly with VIHA, BC Ambulance and through the Southern Gulf Islands Advisory for adequate physician, nurse, laboratory, mental health, home care and emergency services.

Our action plan includes:

- *Learning more about how to navigate the existing system*
- *Comparing the services we have on Mayne to services on other islands; finding out how we can be most effective in our advocacy efforts (who to talk to, when to organize letter writing campaigns, etc.)*
- *Requesting regular information sharing meetings with VIHA management staff and other government health service providers*
- *Meeting on a regular basis with our doctor and other health care professionals to find out about issues as they arise and discuss how we can support their efforts to improve services*
- *Supporting the work of the local representatives*

Finally, guided by the information gathered in the survey and the results of the Appreciative Inquiry, the Board met to develop a Strategic Plan. This plan is intended to guide the work of the Board over the next few years.

THE 3-5 YEAR STRATEGIC PLAN

Mission

The Mayne Island Health Centre Association (MIHCA) promotes and supports full community engagement in improving the health and well-being of all Mayne Islanders.

Vision

We envision a future where the community:

- Shares responsibility for supporting and investing in the health of all islanders
- Ensures that all citizens have access to the necessary resources, skills, information and services to meet their physical, emotional and spiritual needs.

Guiding Principles

- Strength based – building on community assets and capacity
- Collaborative
- Inclusive
- Respectful
- Community based/driven

A final step in the planning process was the creation of goals and objectives for the next 2-3 years. This included Board discussion of what the Board can do to further some goals set at the Appreciative Inquiry as well as how it might begin to address the issues identified through the survey.

The Health Survey

In the spring of 2007, a paper survey was circulated to all households in the community and an online version was posted on the Mayne Island Website. 435 Mayne Islanders responded. Over the summer, the survey results were analyzed, and a preliminary report was written and circulated to some stakeholders for validation. Subsequently the report was finalized and posted for public viewing on the Mayne Island Website.

The following are the main findings published in the final report:

Findings related to the self rated health status of islanders

Amongst survey respondents:

- Self-rated physical and mental health status was similar to that of the overall Canadian population and that of the population in the South Vancouver Island Health Service Delivery Area
- 61% of 411 survey respondents reported that they had accessed medical services at the Mayne Island Health Centre
- A reasonably high percentage of respondents are accessing appropriate medical testing
- High blood pressure (43%), high cholesterol (30%) and arthritis (31%) are the most prevalent diagnosed health conditions
- The health status of the 45-55 year olds (indicated by diagnosis of disease) shows some decline with aging - with high blood pressure, high cholesterol and allergies being the most prevalent diagnoses
- A significant number of respondents (51 individuals) have conditions that hinder their mobility
- Stress (113 individuals), anxiety (71) and depression (52) are the most prevalent mental health risks reported by islanders

- Overall immunization rates (flu, pneumonia and childhood immunizations) are 63% or lower
- 185 respondents believe they would be healthier if they lost weight
- A small percentage of respondents have experienced concerns related to family violence.
- Volunteerism (69%), social support (82%) and a sense of belonging (87%) are relatively high on the island
- A small percentage of respondents have been unable to fill prescriptions because of cost
- 54 respondents have been unable to access dental care because of cost
- A small percentage of respondents have been unable to access appropriate medical care because of transportation problems
- 9% of 409 respondents smoke daily and of these, 70% would like to quit
- 73% of 421 respondents consume three or more servings of fruits and vegetables daily
- 48.5% of respondents engage in moderate exercise 4-6 times a week and 24% of islanders engage in vigorous exercise 4-6 times a week
- 23% of respondents never use sunscreen
- There is a reasonably high level of awareness of some health related services, particularly those established on-island and a lesser level of awareness of services delivered by off-island providers.

Findings related to islander's priorities

Amongst survey respondents:

- Increased availability of physician/nurse/emergency coverage is the top priority of respondents relative to their own health and that of their households. Some respondents indicated concerns related to the stability of ambulance services.

- Increased physician/nurse coverage, programs to promote health/wellness and health education were the top priorities of respondents relative to the general health and well being of islanders.
- Pharmacy, laboratory services, alternative health treatment forms and services for seniors are at the top of the list of services that respondents believed could be delivered on island; closer to home.
- Physician/nurse/emergency services; issues related to an aging population and health promotion activities were the top three areas that respondents believed were the most important for the Health Association to address.

In September, 2007 the Board met to interpret the findings and consider next steps. It was decided to bring Board members together with local health professionals and interested community members to look at the results of the survey and discuss how the strengths of the existing system could be built upon.

The Appreciative Inquiry

Appreciative Inquiry is a way for groups to look at past and present strengths and discover how to build upon these.

23 people attended the Appreciative Inquiry, including our local physician, interested community members; representatives from MIHCA; the Mayne Island Assisted Living Society; Beacon Home Support; BC Ambulance Service; Southern Gulf Islands Mental Health Advisory; Disaster Planning, MIID; SGI Emergency Program; Saltspring Island Community Services and the Mayne Island Fire Department.

Participants talked about the things in our present system that work well right now that will be important to preserve and leverage as we move to strengthen health services and supports. In small groups, they created their visions for what a healthy Mayne Island would look like 20 years from now and they identified some areas for action.