



DC MOVES – Community Wellbeing

Presentation outline:

- What you said you wanted accomplished in 2018
- What you said you wanted accomplished in 2019
(as per the September 2018 Forum break out work)
- What we have planned for 2019

5 things you said you wanted accomplished in 2018

1. Enhance collaborative efforts to address health and wellness
2. Share sector specific data that will assist agencies in planning
3. Market health and wellness initiatives across the County
4. Advocate for access and affordable recreation programs
5. Provide venue for the sharing of health and wellness initiatives



How we responded

1. Enhance collaborative efforts to address health and wellness

Dufferin Coalition for Kids (DuCK)

Goal: helping children and youth to achieve their full potential

This year DuCK has seen active involvement from 20 local and provincial organizations across various sectors.

The Mental Health Substance Misuse and Addiction Prevention Action Group of DuCK Grade 7 program Stress Lessons, Ethics approvals were received.

Teacher training and baseline data collection among students occurred in October/November. Program implementation has begun and will continue into 2019.



How we responded

1. Enhance collaborative efforts to address health and wellness

- **Food Waste and Healthy Eating project with Dufferin County**

COMPLETED: Survey of 400 DC residents. Focus groups held with 21 people. Data is currently being analyzed.

- **CHATT/Dufferin Trails Council** is in the development phase of a cycling route project to improve physical health & knowledge of local cycling routes for residents and tourists.



How we responded

1. Enhance collaborative efforts to address health and wellness Con't

Dufferin Wellington FASD Action Group

In November, 2018, Dufferin Wellington Fetal Alcohol Spectrum Disorder (FASD) hosted their first Action Group Meeting. The group will be meeting on a monthly basis, developing resources and materials for families, children and youth as well as community members. The Action Group will be assisting in the development of a website and as we move into 2019, the Action Group is working on planning an FASD Learning Event.



How we responded

2. Share sector specific data that will assist agencies in planning

WDG Report Cards on the Well-Being of Children Coalition

Preliminary data from the youth survey is now available on the portal :

<http://www.wdgreportcard.com/en/index.aspx>

Data on many local health and social indicators is now available online through WDGPH. These reports are interactive and can be manipulated for different factors (e.g. different municipalities) <https://bi.wdgpublichealth.ca/>. This was also shared at a DC Moves forum.



How we responded

3. Market health and wellness initiatives across the County

- **The Parental Supports and Developmental Awareness** Action Group of DuCK developed the **Dufferin Basics program** which offers practical, everyday ways to promote child development and foster school readiness. This initiative began as an effort to ensure that organizations across Dufferin County provide consistent, evidence-based parenting messages. They have begun to promote the Dufferin Basics campaign more widely to service providers in the community. Visit this website for more information: <https://dufferin.thebasics.org/>



How we responded

4. Advocate for access and affordable recreation programs

- **The Access to Recreation in Dufferin County working group** plans on conducting a needs assessment in 2019 to understand the current landscape of recreation across Dufferin County and what efforts/policies are currently in place to provide accessible and affordable recreation. The needs assessment is currently in its planning stages, but the goal is to involve various audiences to ensure that all voices are taken into consideration (e.g., organizations, recreation users, non-users, etc.).



How we responded

5. Provide venue for the sharing of health and wellness initiatives

- **DC Moves Forum - February 8**, Public Health led a consultation with the group aimed at enhancing the WDG Childhood Experiences Survey
- **DC Moves Forum - September 25**, Public Health provided a presentation on the newly launched interactive reports
- **WDGPH training session** advertised and promoted via DC MOVES, in WOTMs and direct invitation to the DC MOVES contact list.

5 things you said you wanted accomplished in 2019 (as per the September Forum break out work)

Under the same headings as 2018 work:

1. Enhance collaborative efforts to address health and wellness
2. Share sector specific data that will assist agencies in planning
3. Market health and wellness initiatives across the County
4. Advocate for access and affordable recreation programs
5. Provide venue for the sharing of health and wellness initiatives



What you said you wanted accomplished in 2019 – con't

1. Enhance collaborative efforts to address health and wellness
 - Improve nutrition outcomes: Free cooking classes / seminars with registered dietician partners at central locations, include nutrition, cooking, grocery shopping, reading labels, free transportation

What you said you wanted accomplished in 2019 – con't

2. Share sector specific data that will assist agencies in planning

- No additions made however there will be continuous review and update to the WDGPH interactive reports webpage-
<https://bi.wdgpublichealth.ca/>



What you said you wanted accomplished in 2019 – con't

3. Market health and wellness initiatives across the County

- Marketing not just online/ on website – at community events



What you said you wanted accomplished in 2019 – con't

4. Advocate for access and affordable recreation programs

- Background report and survey planning started by Access to Rec group to determine what the barriers are



What you said you wanted accomplished in 2019 – con't

5. Provide venue for the sharing of health and wellness initiatives

- Maybe half day event or Forum vs survey
- Consider mechanism for getting information out to the general public



What we have planned for 2019

1. Enhance collaborative efforts to address health and wellness
 - DuCK and it's associated action groups will continue to work collaboratively toward its common purpose- "collaboratively develop and implement an evidence-informed community plan which enables children and youth within Dufferin Country to achieve their full potential."
 - Others?



What we have planned for 2019

2. Share sector specific data that will assist agencies in planning

- WDGPH data sources under development in 2019:

- Power BI tools
- Youth survey data portal
- WDG Childhood Experiences Survey
- Substance user survey
- Built environment data

-Others?



What we have planned for 2019

3. Market health and wellness initiatives across the County

- Dufferin Basics continues
- Substance use harm reduction campaign
- Cannabis information campaign continues – talkingaboutweed.ca

-Others?



What we have planned for 2019

4. Advocate for access and affordable recreation programs

- Needs assessment will continue
- Activities will be based on information from needs assessment
- **Others?**



What we have planned for 2019

5. Provide venue for the sharing of health and wellness initiatives

- DC Moves will continue to act as a forum for the sharing of health and wellness initiatives!

- **Others?**