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Summer 2011

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Message from the NLPHA President/ Dr. Minnie Wasmeier, July 2012

2011 was a very productive year with the revision and adoption of new By-Laws, the completion of an external audit of our finances, and the implementation of the highly successful Building Healthy Communities Conference; Bringing Health and Wellness to the Community Planning Table. Fay Matthews will serve as our representative on the Healthy Built Environments Action Group that has evolved from this. In addition the conference website www.buildinghealthycommunities.ca will be maintained as an ongoing communication vehicle on the Healthy Built Environment for those working in Newfoundland and Labrador.

In 2012 we have continued the work from our Strategic Plan. Our monthly teleconferences were reorganized to permit time for the Board to implement the work of the Association. The Education Committee began its work for 2012 with a slide show presentation at the March teleconference by Mr. Douglas Howse: **New Chronic Disease Prevention and Management Policy Framework and the Provincial Chronic Disease Self-Management Program (Improving Health: My Way)**. The Membership Committee has been very active and over the next year you should see many of our communication tools for members revamped. Under the direction of Fay Matthews, Past President, the Nominations Committee will be recruiting for the new 2012-2014 Board. Member participation is what makes any organization strong. All members should consider applying for these positions.

Our advocacy work with the Canadian Network of Public Health Associations has brought recognition for Public Health to the Council of the Federation. In a letter to the President of the Canadian Public Health Association (CPHA) in response to our joint advocacy, the Chair of the Council of the Federation, BC Premier Christy Clarke, stated; "Premiers recognize that public health is a priority-not only because it improves the lives of individual Canadians, but also because it makes sense for all health care systems". We will continue to work with our partners nationally to advocate for improved public health capacity.

I look forward to hearing you at our teleconferences
Best Wishes for a Happy, Healthy, Safe Summer
Minnie Wasmeier

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www.canadianmidwives.org/conference

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Congratulations!

Mr. Pat Murray

Congratulations on your recent Ron Draper Health Promotion Award. The Ron Draper Health Promotion Award is presented to an individual, group or organization engaged in community work who has made a significant contribution to health promotion by working in the community to: build healthy public policy, create environments that support health, enable community action, enhance personal skills, and/or re-orient health services. Congratulations Pat and well wishes from the Executive and Members of the NLPHA



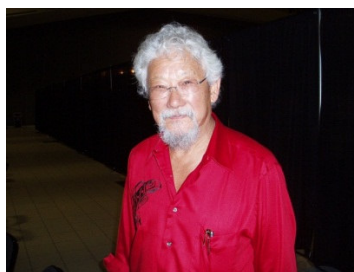
Who Needs Nature?

That was the title of David Suzuki's presentation at the CPHA Plenary session June 12, 2012. I remember Dr. Suzuki from watching the CBC's Nature of Things years ago. We could all learn from his use of plain language. These are some of his words of wisdom. "Everything is connected to everything else. We need nature. The environment in which we live affects who we are and how we develop. Healthy people need a healthy environment."

He went on to ask; what is the first thing we need when we are born. Any of us who have seen a delivery know the answer is air. Our bodies are composed of 70% water so we also need water. Our food comes from the earth and sunlight captured by photosynthesis gives us energy in our food. We are animals and our most fundamental needs are air, water, earth, and fire (sun). A healthy sustainable future must take into account these vital physical needs. In addition we are social beings who need love. We need communities that have social justice, equity, and safety (freedom from violence and war). We are also spiritual beings connected to nature with the knowledge of the forces we are dependent upon. However, we have elevated a human creation, "the economy", such that it has become the driving force that will destroy the vital things that we need to live-air, water, earth, and fire. We are undermining the life supports of our children.

He stated that a number of scientists now believe we have pushed ourselves to extinction. He stated he understood their positions but he felt we must have hope. He left us with the belief that there is still hope if we can pull ourselves together and rediscover that we are biological beings who need certain very basic things for survival.

I enjoyed his speech. I got up the nerve to request a picture for our newsletter. He thought I wanted a picture with him. But I stated I don't like having pictures of me and he stated he did not like pictures of himself either. For all of his fame, I believe that statement connected me to the real man who is not doing this for fame but as he stated at one point in his presentation, for his children and grandchildren.



By M Wasmeier

2011 – 2012 NLPHA Executive

President -Dr. Minnie Wasmeier
 President Elect –Lynn Vivian-Book
 Past-President -Fay Matthews
 Treasurer -Pat Murray
 Secretary -Elizabeth Wright
 Newsletter Editor – Vacant

Members at Large

St. John's-Ann Ryan
 Central-Bev White
 Western-Heather Taylor
 Eastern-Vacant
 Northern-Cora Foster
 Labrador-Sylvia Doody

Canadian Network of Public Health Associations (CNPHA) June 11 2012



We talked about a need for a dedicated national Public Health Day. Such a public health day would give us an opportunity to highlight public health success stories and may also enable us to distinguish public health versus the publicly funded system.

We also discussed the need for advocacy around the proposed changes to the federal provision of health services to refugees. Subsequent to the meeting a joint letter was sent to the Federal Minister of Citizenship, Immigration, and Multiculturalism, with a copy of the Wellesley Institute report of May 2012 titled "The Real Cost of Cutting Refugee Health Benefits: A Health Equity Impact Assessment." This letter was copied to each Province's Minister of Health. Each Association also provided a brief report on their activities since June 2011. I was proud to speak to our two position papers from last year and thanked the Ontario Public Health Assoc.(OPHA) for sharing their work on infant feeding. I highlighted our second Strategic Plan, our new Communication Plan, and joint advocacy activities with CPHA.

The Network is really coming together. It is starting to accomplish what it was envisioned to do; provide a forum for the associations to learn from each other and work together.

By M. Wasmeier

Newfoundland and Labrador Highlights at Canadian Public Health Association (CPHA) Conference

Sometimes we underestimate the people of our small province. Newfoundland was up front even at the opening of the Conference. David Allison, Medical Officer of Health for Eastern Health, started the opening ceremony by bagpiping in the people making the opening remarks. When the President of CPHA thanked him she noted his position and where he was from. But David didn't leave it there; He also had a poster presentation: An Assessment of Blood Lead Levels in Children Age Six Months to Six Years Living in St. John's NL.



There are lots of you out there doing wonderful work. Think about submitting a poster or oral presentation at next year's conference. You can do it!

At the Annual General Meeting the CPHA President spoke to various initiatives and highlighted the recent joint advocacy of NLPHA and CPHA to various Ministers of Newfoundland and Labrador around Alcohol and Tobacco.

Immediately following that I went to the Oral Presentations to hear Cathy Donovan present on Building Healthy Communities: Bringing Health and Wellness to the Community Planning Table.



Listening to the speakers who followed Cathy just confirmed what a wonderful job we all did on that conference. Our partnership enabled an excellent conference to be implemented at a low cost resulting in a profit for two of the lead organizations. But it did not end there. A report has already been sent to stakeholders, a website is available, and an action committee has been established to do further follow-up. In addition there is already proof that some attendees have taken their learnings home and actioned them. WOW!

The National Collaborating Center for Determinants of Health (NCCDH) is pleased to launch [Health Equity Clicks: Community](#). The online community is a place where members can:

- Collaborate with like-minded colleagues working across Canada
- Ask questions in a safe space
- Share your work and experiences
- Participate in networking events.

The NCCDH focuses on the social and economic factors that influence the health of Canadians. The Centre seeks to translate and share evidence with public health organizations and practitioners to influence interrelated determinants and advance health equity.

You can join the online community by signing up at <http://nccdh.ca/community>

You will be asked to create an account. As soon as you join, you can start a conversation, ask a question, share a resource, and more. Should you have questions, please contact PemmaMuzumdar at pmuzumd@stfx.ca.

Follow us on Twitter: [@NCCDH CCNDS](#)

By H. Moffat

NLPHA Membership Survey



NLPHA is looking for your help! In September the NLPHA will be polling its members using a short survey to see how we're measuring up. Your input is important. Please take some time to complete the survey and have your voice heard.



July 24, 2012: St. John's, NL - Eastern Health today released a Health Status Report – a useful tool that offers access to relevant and quality information about the health status of people living in the eastern region.

The Health Status Report aims to inform people about the well-being and health of the general public, and the results offer insight into the challenges and opportunities that exist along the road to healthy living. The report includes general population information, social and environmental factors that influence health, behaviors that lead to illness or reinforce good health, and information about maternal and child health, injury and hospitalization, life expectancy and mortality rates.

Eastern Health's Health Status Report can be viewed at www.easternhealth.ca/yourhealth

Interesting Quotes

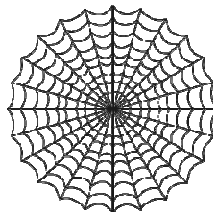


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<http://www.cpha.ca/en/about/provincial-associations/nl.aspx>

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