



Pulling Together

Partnerships for a ***Healthy*** Workplace



4th Annual QWQHC Summit February 25, 2010

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Pulling Together for Healthy

Welcome To Saskatoon Health Region

Where We Are Now

What's Next – Partnerships are Key

Discussion

Photo by Donald
Ferguson



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What do YOU
see?

Welcome to Saskatoon Health Region

Largest of 12 Health Regions in SK

- **291,000** local residents
- Provincial referral centre
- Ambulance, community, hospital, public health and long-term care, mental health and rehab services.
- 75 facilities, including 10 hospitals, 29 LTC facilities



- 2008-09 budget **\$744 million**
- **38,276** Hospital admissions
- 144,840 ER visits
- **5881** Home care clients per month
- **2100** Long-Term Care beds
- **6.5 million pounds** of laundry per year

12,000 employees + 800 physicians + 7000 volunteers + 75 facilities



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Where Are We Now?



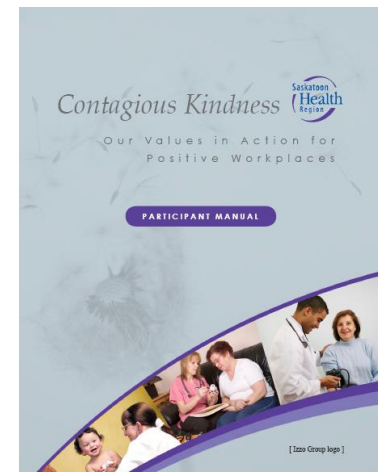
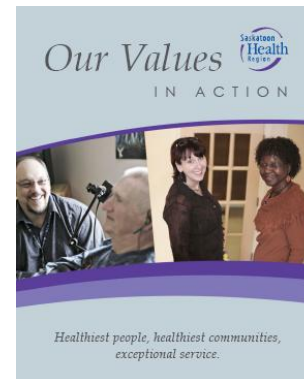
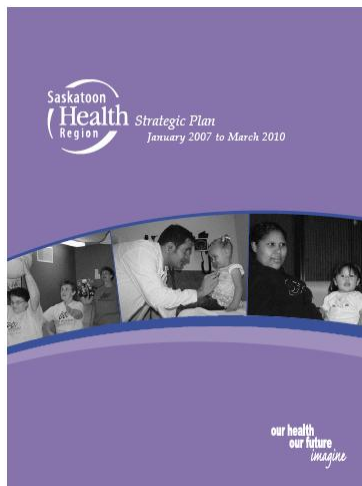
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Transformational Change

Our Promise

Every moment is an opportunity to create a positive experience in the way we treat and care for people, in how we work and interact with each other, and in how we deliver quality service.

We promise to seize every opportunity.



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A Healthy Workplace...

- ✓ is **safe, supportive, positive** and **energizing**
- ✓ respects the **dignity** and worth of all
- ✓ values **diversity**
- ✓ encourages **collaboration** and **honest** and meaningful **dialogue**
- ✓ promotes **kindness**
- ✓ nurtures a **well-balanced** lifestyle.



Healthy Workplace Initiative: Under Construction



- *Strong Leadership Support*
- *Healthy Workplace Leadership Team*
- *NQI PEP Healthy Workplace - Level 1 Certification*



National Quality Institute

Progressive Excellence Program

Level 1 = Commitment

Level 2 = Planning

Level 3 = Implementation

Level 4 = Sustainability



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What's Next?

- Have a solid approach to Healthy Workplace in place throughout the organization and implement in key areas
- *How will we do this?*
 - Conduct Needs Assessment
 - Establish Healthy Workplace Plan
 - Reach Level 2 of NQI PEP
 - **Establish and nurture partnerships**



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What is a Partnership?

- strategic alliance
- based on trust, equality, mutual purpose
- formal or informal



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Partners in Healthy Workplace

- Whole bigger than the sum of its parts
- Consistent focus, integrated approach
- Creates and builds capacity
- Ensures integration of services



**a healthy organization
is built on healthy
relationships**

Integration of Services

• Health Promotion
in motion

• Child Care Society

• People Strategies
- WOW/OnBoarding
- Total Rewards

How does HW initiative support partnerships?

Occupational Health and Safety

• Facilities & Engineering Services
- Sustainability Program
- Safety Talks/Fair

• Occupational Health &
Safety

• Quality Services







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Sustainability Program

Sprout



GREEN TEAMS

 Telehealth Saskatchewan <i>... Linking Communities for Health ...</i>	 SASKATCHEWAN RN ASSOCIATION	 Saskatoon Health Region
		
<p>SRNA Environmental PPG Reducing Toxic Chemicals at Work and Home</p>		
<p>Keynote: Paul Tukey Producer and Star of "Chemical Reaction" HGTV and Good Morning America</p>		
<p>When: March 16th, 2010 from 10 to 4 Where: Saskatoon City Hospital Auditorium Regina Wascana Rehab Auditorium Cost: \$40.00 or \$20.00 Student and Retired Rate Lunch & membership in PPG included All health care professionals welcome</p>		
<p>Register: 655-0676 Jacelyn.arb@saskatoonhealthregion.ca</p>		

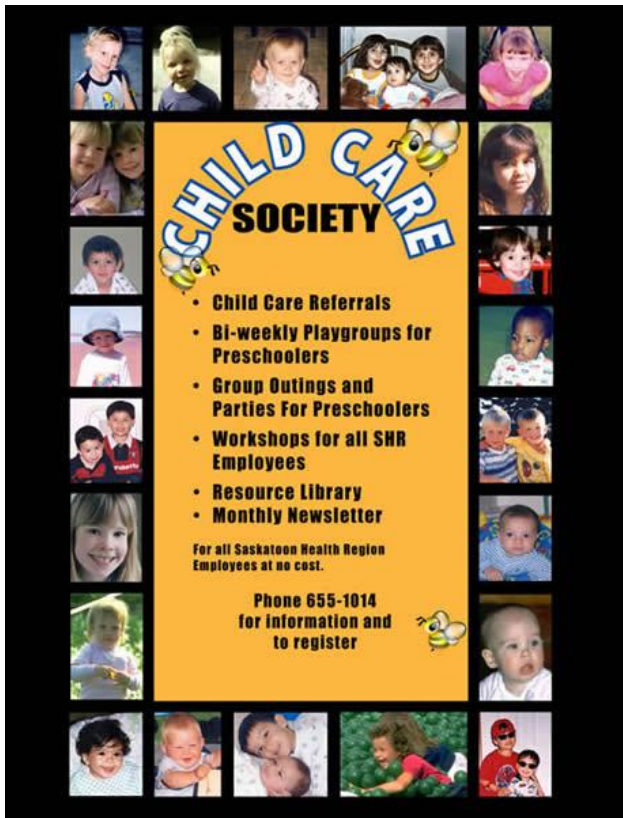


St. Paul's Hospital Neighbourhood Market



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SHR Child Care Society



The logo for the SHR Child Care Society is a yellow rectangle with the words "CHILD CARE SOCIETY" in blue and black. It is surrounded by a grid of small photos of children. Below the logo is a list of services:

- Child Care Referrals
- Bi-weekly Playgroups for Preschoolers
- Group Outings and Parties For Preschoolers
- Workshops for all SHR Employees
- Resource Library
- Monthly Newsletter

For all Saskatoon Health Region Employees at no cost.

Phone 655-1014 for information and to register

Employee Workshops

Sex, Drugs & Rock n Roll

Facing the Fears and Challenges of Parenting Teens Today

How Children Interpret Medical Experiences

Children's Activities & Outings

Salsa Tots, Western Development Museum, Kinsmen Park, Fun Factory, Children's Festival

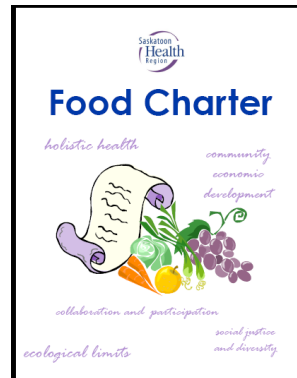
Children's Parties

Halloween, Christmas, Valentine's Day, Easter...

Health Promotion

A Department of Public Health
Services

- *in motion*
- Food Charter Committee
- Tobacco & SmokeFree Committee



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in motion



Partnering with the City of Saskatoon



How To Get Started Workshop

Tuesday, October 13, 4:30—5:30 pm at Westwinds Health Ctr
or Thursday, October 15, 4:30—5:30 at Saskatoon City Hospital

Smart Start adult beginner fitness programs can help you take the guesswork out of physical activity, making it easier to develop a fitness plan that works for you. Smart Start programs help you get active through education, skill development and motivation. We're here to support your participation in physical activities until you are ready to try it on your own!

For a small commitment of \$20, you will receive:

- An overview of Smart Start programs available to you
- Help to determine what program opportunities will work best for you
- Priority enrolment in Smart Start Learn To Class
- A \$40 coupon to use toward the purchase of a new adult Leisure-Card, an adult bulk ticket package, a fitness consultation, or any registered Smart Start beginner fitness program.

Call Lawson Civic Centre, 975-8387 to register



FITNESS CIRCUIT & TERRY FOX TRACK

Free Fitness Circuit Open House

Saturday, October 3rd - 10:00 a.m. to 2:00 p.m.
For Saskatoon Health Region Employees

Come in and try the new fitness circuit. You are invited to learn how to use the fitness circuit that Leisure Services is operating on the second floor in the SaskTel Soccer Centre. This 20 minute circuit is designed to be a full body, strength & cardio workout. It's a great way for anyone to fit in a quick work-out at any time, especially if you have kids playing soccer.

To sign up for the open house, visit <http://dl.gs/shr-staff> or phone the Saskatoon Field House at 975-3354



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Food Charter Committee

Aim: Champion healthy eating and food security by developing internal culture to promote healthy food choices.

Saskatoon Health Region

Food Charter

holistic health *community, economic development*

collaboration and participation *social justice and diversity*

ecological limits

The Saskatoon Health Region Food Charter is an official community declaration of the right to food and food security for all.

Our definition of community food security is: "Basic right that exists for all people within our community, especially the most vulnerable. Food is obtained in a dignified, safe, accessible and **nutritionally appropriate** manner which..."

Food choices: Food is produced, processed and distributed in the environment, community self-reliance and local and region development" (SHR Food Charter Team 2006). Community is multifaceted and interdependent.

Saskatoon Regional Health Authority supports the following as endeavours to incorporate these principles into programs and...

Principle 1: Holistic Health
Community food security takes into consideration all aspects of physical determinants that affect the health of an individual and...

- Promotes nutrition education and consumption of wholesome, healthful and healthy growth and development and prevention of chronic diseases.
- Recognizes that healthy eating begins with prenatal nutrition and breast-feeding.
- Encourages access to safe, quality, and increase consumption of fresh, nutritious foods.
- Acknowledges that health is more than the absence of disease.
- Healthy, education and skills are fundamental to a person's access to good food.

Saskatoon Health Region, Food Charter

Principle 2: Community Economic Development
Community food security must be built within a community economic development model engaging the resources, participation, collaboration and leadership of local and regional—rural and urban—communities and institutions.

- Includes producer and processing of food as an integral part of the economy of the Saskatoon Health Region.
- Supports creating local economic stability.
- Supports local agricultural food production and builds on mutual interdependence of producers and consumers.
- Committed to the urban and rural food sectors' self-reliance, growth and development.
- Recognizes the importance of safe food and water.
- Seeks to decrease dependency on economic interests outside the community region.

Principle 3: Collaboration and Participation
Community food security supports collaboration and partnership between communities—rural and urban, and institutions to build a strong and just community food security framework.

- Involves intersectoral partnerships that work to change social, economic and environments by strengthening community action, creating supportive environments, building healthy public policy and developing personal skills.
- Fosters relationships of acceptance, understanding and mutual respect.
- Promotes the preparing, eating and sharing of food in a social and community context.
- Supports the involvement of community members in the planning, development, implementation and evaluation of programs, services and initiatives.

Saskatoon Health Region, Food Charter

Principle 4: Ecological Limits
Community food security promotes a healthy, sustainable environment that contributes directly to the production and consumption of safe, good food.

- Promotes a sustainable food system.
- Reduces toxic chemicals that accumulate within the food chain.
- Develops and implements renewable technologies and sustainable waste management practices.
- Supports reducing food miles to conserve energy use and the negative impact on the environment.

Principle 5: Social Justice and Diversity
Community food security recognizes the basic right to have access to healthy, safe and adequate supply of food and that food is produced, processed and consumed in a manner that is socially just.

- Supports the belief that community members should have equitable access to programs and services, regardless of race, gender, country of origin, sexual orientation, geographic location, income, age and ability.
- Encourages all levels of government, local organizations and community groups to promote the right of communities and individuals to food security through supporting viable, sustainable agriculture.
- Brings people together in the celebration of family and community, strengthening ties between diverse cultures and communities.
- Encourages a fair return for producers by supporting viable sustainable agriculture.
- Encourages international agreements entered into by our governments to respect the full realization of people's right to adequate, nutritious, accessible, affordable, safe food at home and internationally.

Saskatoon Health Region **CHRP**

This statement of food charter principles is a result of extensive consultation amongst representatives of 250 youth and peace groups and a community group.

May 2007

Tobacco and SmokeFREE

Goal: denormalize tobacco use, support healthy lifestyle choices and strengthen our position as leaders of health and wellness in the province.

Partnering ensures consistent, coordinated approach

Nursing

Public Health

Mental Health and Addiction Services

Employee Wellness/Healthy Workplace

People Strategies

Security Services

Facilities & Engineering Services



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HW Initiative Partners To:

- ✓ Build **awareness**
- ✓ Secure **access**, determine frustration points
- ✓ Ensure consistent core **messaging**
- ✓ Build **capacity**
- ✓ Identify **gaps** and make recommendations



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What We've Learned ...

- *Stand on the shoulders of the giants*
- *Honour resistance but do not let it stop you*
- *Forget about the magic bullet*
- *When one wins, we all win*
- *Words matter*



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Our Vision

Healthiest people, healthiest communities, exceptional service.



Questions & Comments



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