



Introduction to your Municipal Public Health Nurse Liaison

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Joanne Desormeaux, RN

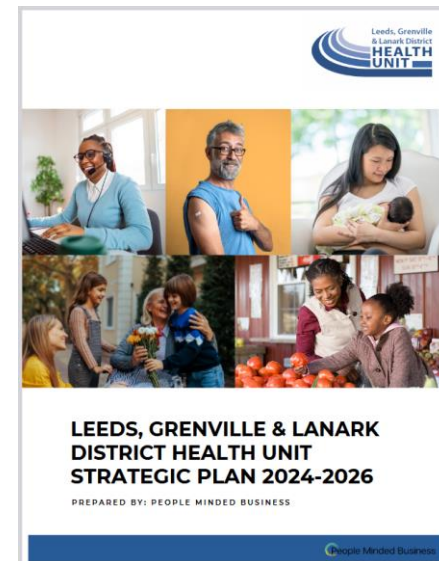
Kim Marshall, RN

Danielle Shewfelt, RN



Leeds Grenville & Lanark District Health Unit

- Work with our communities to protect and promote the health of people and the environment through public health leadership and **partnership**



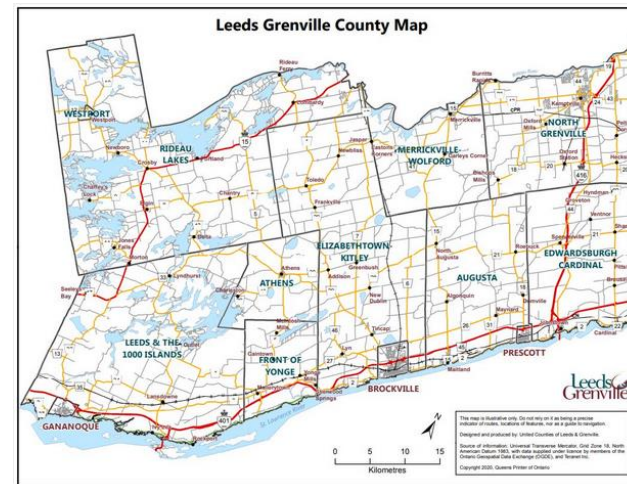
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HEALTH UNIT

Your Partner in Public Health

United Counties Leeds & Grenville Lanark County

- Promoting and supporting healthy, vibrant communities for ALL!



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Collaborate for Healthy Communities

- Places and spaces that cultivate belonging, inclusion, connectedness & engagement
- A well-planned built environment that supports healthy behaviours and choices
- Vibrant social environments where people can live, work, learn & play
- Conditions in which all citizens, no matter where they are in life, can thrive, now and in the future



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Population Health Approach

- Focus on upstream efforts to promote health and prevent diseases to improve the health of populations and the differences in health among and between groups



Health Equity

- When everyone has the opportunity to attain their full health potential and no one is disadvantaged from doing so because of their socially determined circumstances

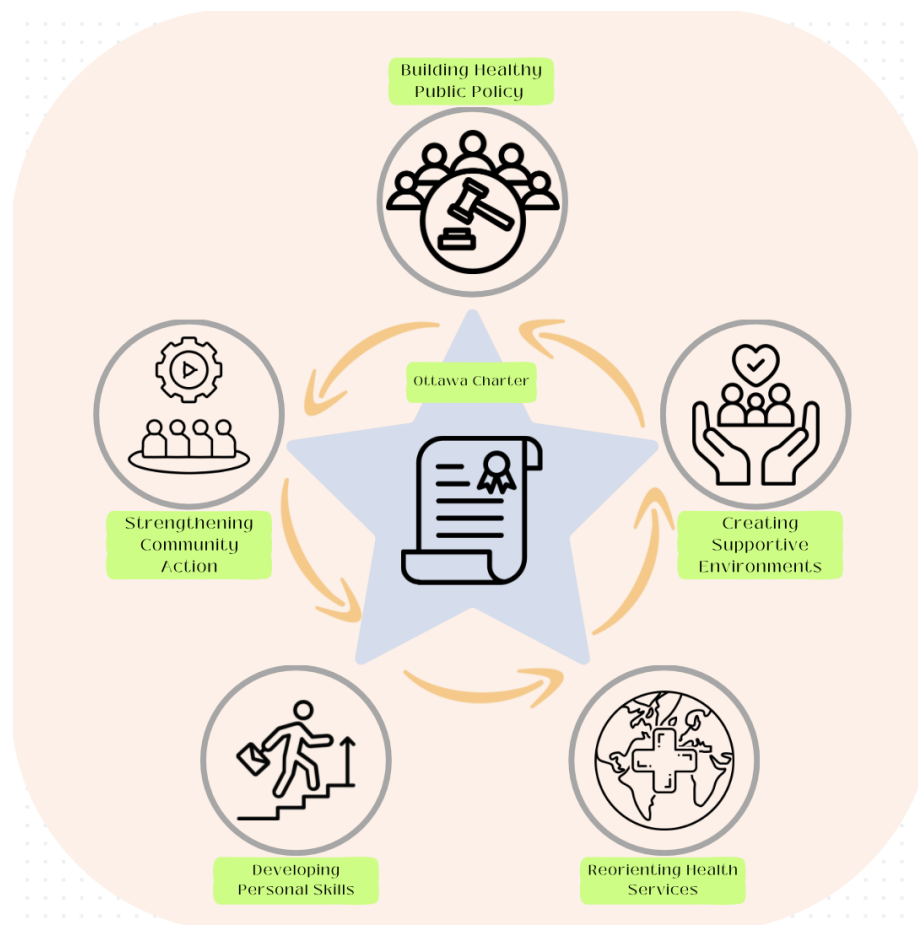


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Health Promotion Framework



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Role



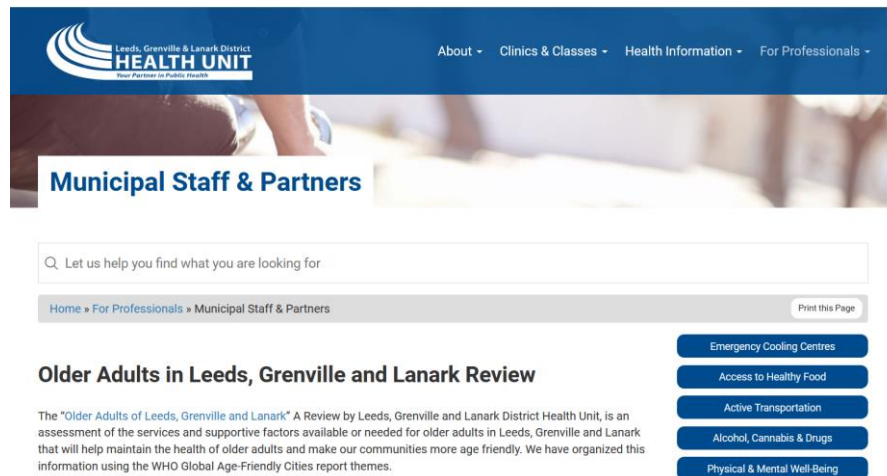
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Health Unit Navigation

- Connect you to the correct staff at the Health Unit
- Help you navigate website resources



Information Sharing

- Collaborative sharing of information



ESTABLISHING HEALTHY FOOD ENVIRONMENTS
RECREATION SECTOR

The Canadian Parks and Recreation Association (CPRA) is collaborating to help support the establishment of healthy food environments in the recreation sector.

And we want to work with you!

THERE ARE THREE WAYS TO GET INVOLVED:

- 1 Tell us what you think!**
 - Review and provide feedback on resources developed to support healthy eating in the recreation sector.
 - We want your opinion on their applicability to the sector.
 - The resources provide specific actions you can take to make your recreation setting more food friendly.

Getting Involved

- Contact Christa at christa@cpa.ca (please provide interest in park information)
- Review one or more resources
- Provide your feedback via a short survey (available until February 1st)

If interested, please email us by December 8th!

The Leeds, Grenville & Lanark District Health Unit
05 December 2023

The natural and built environments, that include local parks and recreation spaces, have significant health impact for everyone – shape the future of our parks and open spaces with the [Township of Rideau Lakes](#) using this link. Survey closes December 8!



Government of Canada to support projects aimed at helping prevent and decrease substance use-related harms among young people

From: [Public Health Agency of Canada](#)

News release

Public Health Agency of Canada launches national call for proposals under new youth substance use prevention program

November 28, 2023 | Ottawa, Ontario | English

Stepping Stones to Wellness



10-week group program designed to support your mental health and wellness journey

Thursday Mornings
February 15th to April 18th 2024
10:00 am to 12:00 pm

Set Personal Goals • Reduce Stress • Self-Care
Learn Coping Skills for Challenging Times •
Improve Mental Wellness • Have Fun • Connect with peers

Mental Health Support Project
88 Cornelia Street West - Unit A4
Smiths Falls, ON

FREE
Registration Required

Contact Jeff or Andrea to register
Mental Health Support Project 613-284-4608
Email mhspaceconnectwell.ca
www.connectwell.ca

Mental Health Support Project is a program of ConnectWell Community Health



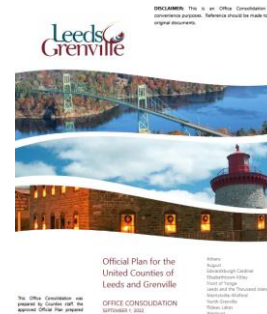
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Strengthen Plans/Policies/By-laws

- Primary Plans
- Secondary Plans
- Policies/By-laws



LANARK COUNTY CLIMATE ACTION PLAN

A climate change mitigation strategy

October 2023



Municipal Alcohol Policy Template for Leeds, Grenville and Lanark Counties

This document is intended as a common template for all municipalities in Leeds, Grenville and Lanark that want to update or create their own Municipal Alcohol Policy (MAP). Municipalities with a MAP can manage alcohol use better in their motor and outdoor recreation facilities. MAPs can improve the safety and enjoyment of events and reduce the number and severity of problems such as intoxication, underage drinking, impaired driving, violence, assault, and injuries. A MAP can also reduce the potential for costs due to arrests, repairs and maintenance, insurance premiums etc.



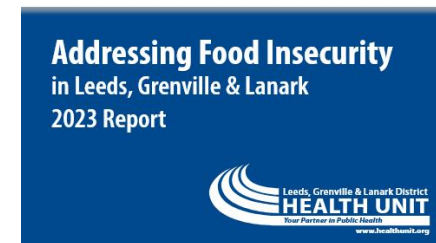
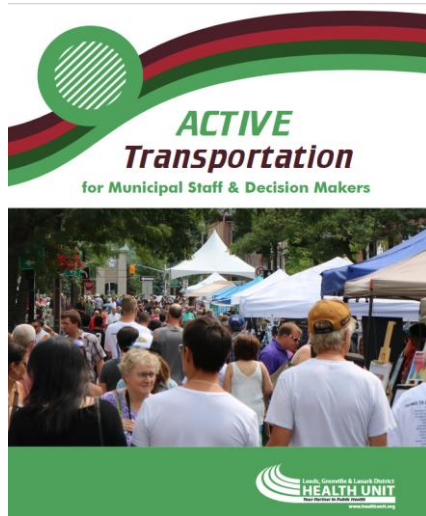
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Evidence & Best Practice

- Provide evidence and best practices and resources to support local community initiatives.



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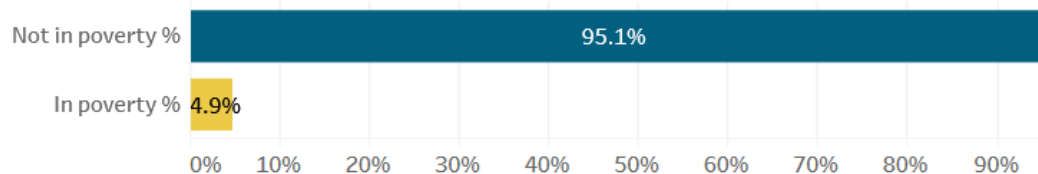
Data Collection & Surveillance

- Identify community strengths and health priorities through local, provincial and national surveillance and data collection

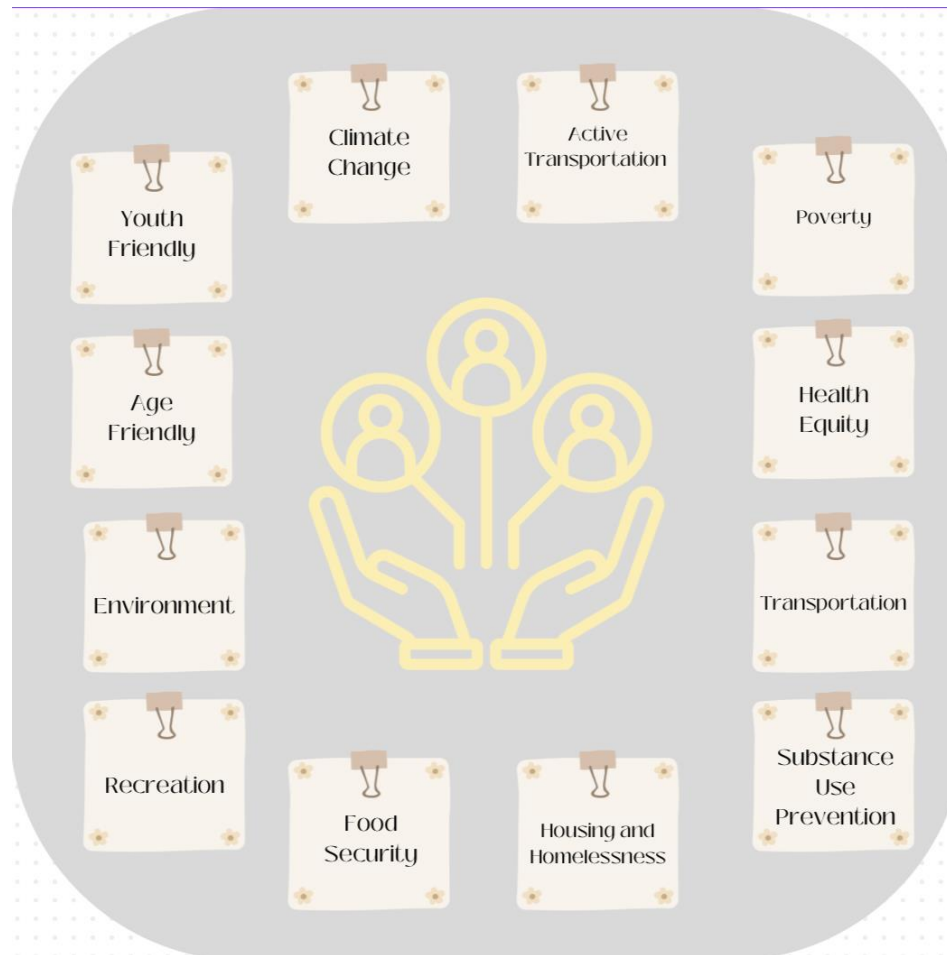
Market Basket Measure of Poverty (MBM) Percentages by Municipality/County (LGLDHU): *County - Leeds and Grenville*



Market Basket Measure of Poverty (MBM) Percentages by Municipality/County (LGLDHU): *County - Lanark*



Support Council & Local Community Committees



Leeds, Grenville & Lanark District **HEALTH UNIT**

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Thank you!

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- Joanne.Desormeaux@healthunit.org
- Kathryn.allwright-casselden@healthunit.org
- Kimberley.marshall@healthunit.org



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