

**Provincial Wellness
Advisory Council**

Annual Report

2015-16

Please Note: In accordance with **Clear Print Accessibility Guidelines** (Canadian National Institute for the Blind: n.d), italics or upper-case letters have not been used for the titles of act, titles, sub-titles or for emphasis. Bold fonts of medium heaviness as recommended have been used instead.

Table of Contents

Message from the Chair	3
Overview	4
Mandate	5
Values	5
Vision	6
Primary Clients	6
Report on Performance	7
Opportunities and Challenges Ahead	10
Appendix 1: Provincial Wellness Advisory Council Membership 2015-16	11

Message from the Chair

As Chair of the Provincial Wellness Advisory Council, I am pleased to present its annual report for the fiscal year 2015-16. The annual report has been prepared and is submitted in accordance with the obligation as a category three entity under the **Transparency and Accountability Act**. My signature below is indicative of the Council's accountability for the actual results reported in this document.

Sincerely,

A handwritten signature in black ink, appearing to read "Catherine Donovan".

Catherine Donovan, MD.,
Chairperson

Overview

In 2002, the Provincial Government, through its strategic health plan, recognized the importance of maintaining a healthy population and established the Provincial Wellness Advisory Council (Advisory Council). Recommendations from the Advisory Council informed the development of **Achieving Health and Wellness: Provincial Wellness Plan for Newfoundland and Labrador** (2006).

The Advisory Council, in its advisory capacity to the Minister, will play a key role in providing input and advice on advancing the health promotion, healthy living and wellness agenda in the province, and in the development of a health promotion and healthy living strategy.

The health of the population is influenced by many factors that keep us healthy and prevent injury and chronic disease, including individual lifestyle in areas such as eating healthy, being physically active and being smoke-free. However, individual action must be supported by social, economic and environmental factors such as access to healthy food, legislation to protect us from secondhand smoke, and the design of safe and active communities which make the healthy choice the safest and best choice.

To address and advance healthy living and wellness in Newfoundland and Labrador will require strong leadership and partnerships with various sectors and segments of society. The nature of the Provincial Wellness Advisory Council positions it to provide advice to the Minister on various aspects and approaches necessary to advance healthy living and wellness in the province.

Membership

The Advisory Council has 28 members representing Memorial University, non-government agencies, professional associations, Regional Health Authorities and various government departments. These organizations cover regional and/or provincial mandates and the members bring a broad perspective covering all areas of the province to the Advisory Council. The Advisory Council membership is voluntary and appointments are made by the Minister. (see Appendix 1)

Funding

The Advisory Council does not maintain a separate office. The work of the Advisory Council is supported and funded by the Healthy Living Division. Associated meeting costs incurred by the Advisory Council are covered by the department and travel and other expenses associated with duties of the volunteer members are reimbursed by the department, in accordance with the government travel guidelines. In 2015-16, a total of \$2200.00 was spent on the activities of the Advisory Committee.

Area of Expenditure	Total Cost
Meeting Expenses	\$ 910.00
Travel Expenses	\$1290.00
TOTAL	\$2200.00

Contact Information

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Mandate

The Advisory Council exists to provide advice and guidance to the.

The role of the Advisory Council is to:

- Advise on the components of the Provincial Wellness Plan;
- Identify gaps and priorities based on evidence and research;
- Recommend action strategies;
- Monitor the achievements of the Provincial Wellness Plan; and
- Provide ongoing leadership for wellness.

Values

Upon the establishment of its Activity Plan 2014-17, the Advisory Council considered the values of the department and adapted them and identified two additional values. The values reflect how the Advisory Council members work as a group. These values continued to reflect the advice that the Advisory Council provided to the Minister.

Privacy

Each member of the Advisory Council is qualified, competent and respectful, and protects information appropriately, in the discussions and decision-making processes undertaken when providing advice to the Minister.

Excellence

The Advisory Council makes decisions based on the best evidence and information available to provide a high standard of advice to the Minister.

Transparency and Accountability

Each member of the Advisory Council takes their responsibilities seriously and contributes to a culture of openness in decision-making and reporting.

Collaboration

The Advisory Council engages with others in the health and community services system, with others in the broader health promotion and wellness community, and with various other partners and sectors to gather different perspectives and present collective advice to the Minister.

Innovation

The Advisory Council actively considers current evidence and new approaches to inform the development of recommendations for the Minister.

Equity

The Advisory Council considers fairness and justice when providing advice to the Minister.

Respect

The members of the Advisory Council respect the diversity of the group and the value that each member brings to the group. Each member of the Advisory Council treats members with respect during the discussions and decision-making process when preparing advice for the Minister.

Vision

The Advisory Council supports the vision of the department:

All people in the province are equal, included, supported and empowered to achieve their full potential and well-being.

The Advisory Council contributed to this vision and provided the best available advice to the Minister on efforts to advance and support healthy living and wellness in the province.

Primary Clients

The Advisory Council recognized the Minister as its primary client. By fostering an environment of understanding within government about health promotion, healthy living and wellness, the communities, organizations and the people of the province are also served.

Report on Performance – Objective 2014-17

The Provincial Wellness Advisory Council, throughout the period covered by the plan, will continue to provide the best available advice to the Minister on the areas of healthy living and wellness.

During the first two years of its Activity Plan (2014-2017) the Advisory Council provided strategic advice to help guide decisions related to healthy living and wellness through two Government-initiated consultation processes. The Provincial Wellness Review (2014-15) and the Wellness Action Plan Workshops (2016) both identified some common themes for action such as wellness priorities, governance, leadership, communication and collaboration. The Advisory Council will keep these themes in view as they continue to provide advice to the Minister.

As part of the Provincial Government's new process to ensure the right people are engaged in making decisions that impact the people of the province, the Advisory Council has been asked by the Minister to provide advice on the best structure(s) to support the advancement of health promotion and wellness in the province.

Many partners contribute to the collective efforts to promote healthy living and wellness including local, provincial and national organizations and governments; professional groups and associations; various sectors such as health, education, recreation and municipalities; research centres and academic institutions; volunteer groups; and advocacy groups. It is widely recognized that a more collaborative and coordinated approach is needed to create the conditions needed in the province to achieve substantial improvement in health.

Collectively, the members of the Advisory Council have a wealth of knowledge, experience and expertise in the areas of health promotion, wellness and policy development. The Advisory Council will continue to provide advice to the Minister on emerging areas of interest including the built environment and a health in all policies approach in order to promote healthy living and wellness.

Annual Objective:

By March 31, 2016, the Provincial Wellness Advisory Council will have provided advice to advance healthy living and wellness efforts in Newfoundland and Labrador.

Measure:

Provided advice

Indicators and Activities

Indicator	Report on Activities
Provided advice on gaps and/or priorities for healthy living and wellness in Newfoundland and Labrador	Advisory Council members provided advice on gaps and/or priorities for healthy living and wellness when they participated in a wellness planning session at their June 2015 meeting and

Indicator	Report on Activities
	<p>at a Wellness Action Plan Workshop in January 2016. Input was provided on additional guiding principles which could be considered such as fairness, social inclusion, partnerships and community participation. Input was also provided on wellness priorities (i.e. healthy eating, food security, mental health promotion) and strategic directions (i.e. governance, communication, accountability).</p>
<p>Provided advice on emerging areas of interest to advance healthy living and wellness in Newfoundland and Labrador.</p>	<p>In 2015-16, the Advisory Council provided advice on emerging areas of interest to advance healthy living and wellness in Newfoundland and Labrador. The Chairperson, on behalf of the Advisory Council, met with the Minister in March 2016 to provide an overview of the Advisory Council's work to date and to present on the healthy built environment and health in all policy approaches as the next emerging areas of importance to support healthy living and wellness in Newfoundland and Labrador. In February 2016, the Chairperson was also invited to present and have a discussion with the Minister of Health and Community Services' Cancer Control Advisory Committee on emerging areas of interest for health promotion and healthy living to support cancer prevention.</p>
<p>Provided advice on mechanisms to support monitoring of healthy living and wellness initiatives in Newfoundland and Labrador.</p>	<p>The Wellness Action Plan Workshop in January 2016, provided Advisory Council members with the opportunity to provide advice on mechanisms to support monitoring of healthy living and wellness initiatives in Newfoundland and Labrador. Members reflected on and discussed the key directions, guiding principles and priorities of the current Provincial Wellness Plan. A key component that emerged from this discussion was the importance of developing an accountability framework that links indicators /outcomes to goals/actions, funding and roles and responsibilities. An accountability framework which includes common measures (indicators) for healthy living and wellness enables government and its partners to monitor progress to determine effectiveness and guide future decisions.</p>

Indicator	Report on Activities
<p>Provided advice on areas of wellness in response to direction provided by the Minister of Health and Community Services (now the Minister of Seniors, Wellness and Social Development).</p>	<p>At their June 2015 meeting, Advisory Council members provided advice on areas of wellness in response to direction provided by the Minister in relation to input on an appropriate leadership and governance structure to best support wellness and healthy living advice to the Minister. Various options were presented and discussed based on information which was collected in the Provincial Wellness Review 2014. Options included status quo; establishing a smaller council; and hosting an annual network event for partners.</p>

As of March 31, 2016, the Advisory Council achieved its annual objective and indicators. The Advisory Council provided advice to advance healthy living and wellness efforts in Newfoundland and Labrador when it participated in two key wellness planning sessions in 2015-16. The first session was at their June 2015 Advisory Council meeting and the second was participation in a Wellness Action Plan Workshop in January 2016. Information collected from both of these sessions will be used to inform the development of a health promotion and healthy living strategy which is an indicator in the department's strategic plan and a direction in the Minister's mandate letter.

In 2016-17, the Advisory Council will again address this measure and these indicators for the annual objective.

Opportunities and Challenges Ahead

Opportunities exist for the Advisory Council as it continues to provide advice on a leadership and governance structure for healthy living and wellness in the province and on the development of a health promotion and healthy living strategy as an element of the Minister's mandate.

Challenges exist with providing the best advice to advance healthy living and wellness in a province with some of the highest rates of risk factors for chronic disease and the pressures of the current fiscal realities.

Appendix 1 – Committee Membership as of March 2016)

Chairperson: Dr. Catherine Donovan, Memorial University of Newfoundland, Faculty of Medicine

Members of the Advisory Council represent the following organizations:

- Association of Allied Health Professionals – Deborah Noseworthy
- Alliance for the Control of Tobacco – Kevin Coady
- Association of Registered Nurses of Newfoundland and Labrador – Lynn Power
- Canadian Cancer Society of Newfoundland and Labrador – Angela Noseworthy
- Canadian Diabetes Association – Carol Ann Smith
- Canadian Mental Health Association – Heidi Edgar
- Department of Education and Early Childhood Development – Brad Clarke/Ellen Coady
- Department of Environment and Conservation – Angela Burridge
- Department of Health and Community Services – Karen Stone
- Department of Service NL – Donna Kelland/Terry Battcock
- Department of Seniors, Wellness and Social Development – Mark Jones
- Dietitians of Newfoundland and Labrador – Member Group of Dietitians NL – Marg Ewtuchik
- Heart and Stroke Foundation of Newfoundland and Labrador – Heather Percy
- Memorial University of Newfoundland, Faculty of Medicine – Vacant
- Municipalities Newfoundland and Labrador – Karen Oldford
- Newfoundland and Labrador Centre for Applied Health Research – Pablo Navarro
- Newfoundland and Labrador Lung Association – Greg Noel
- Newfoundland and Labrador Medical Association – Jonathan Carpenter
- Newfoundland and Labrador Public Health Association – Fay Matthews
- Newfoundland and Labrador School Boards Association – Brian Shortall
- Newfoundland and Labrador Teachers' Association – Judy Beranger
- Executive Council, Office of Public Engagement – Michelle Snow
- Recreation Newfoundland and Labrador – Tina Auchinleck-Ryan/Gary Milley
- Regional Health Authorities – Natalie Moody
- Seniors Resource Centre of Newfoundland and Labrador – Kelly Heisz