

# Health for the Masses:

## The role of the *My Health My Community* initiative in policy and planning

### **My Health My Community CEAN Spring Forum!**

Improving the health and well-being of the residents of Vancouver Coastal Health and Fraser Health regions through innovative and sustainable programming is an ongoing challenge. Inclusive and engaging community-based initiatives are required to support self-efficacy and behavioural changes, strengthen local action and create environments to support healthier lives.

Using an interactive web-based health and wellness survey, *My Health My Community* will generate local-level information about the health status and health needs of the local population – a vital step in planning, delivering, and evaluating local health programs and policies. This information will be used by local governments, healthcare decision-makers, academia, and community stakeholders to collaboratively tackle health inequalities and shape community services and amenities to meet local needs. Through participation in the survey, residents can help influence their community's priorities for health and wellness!

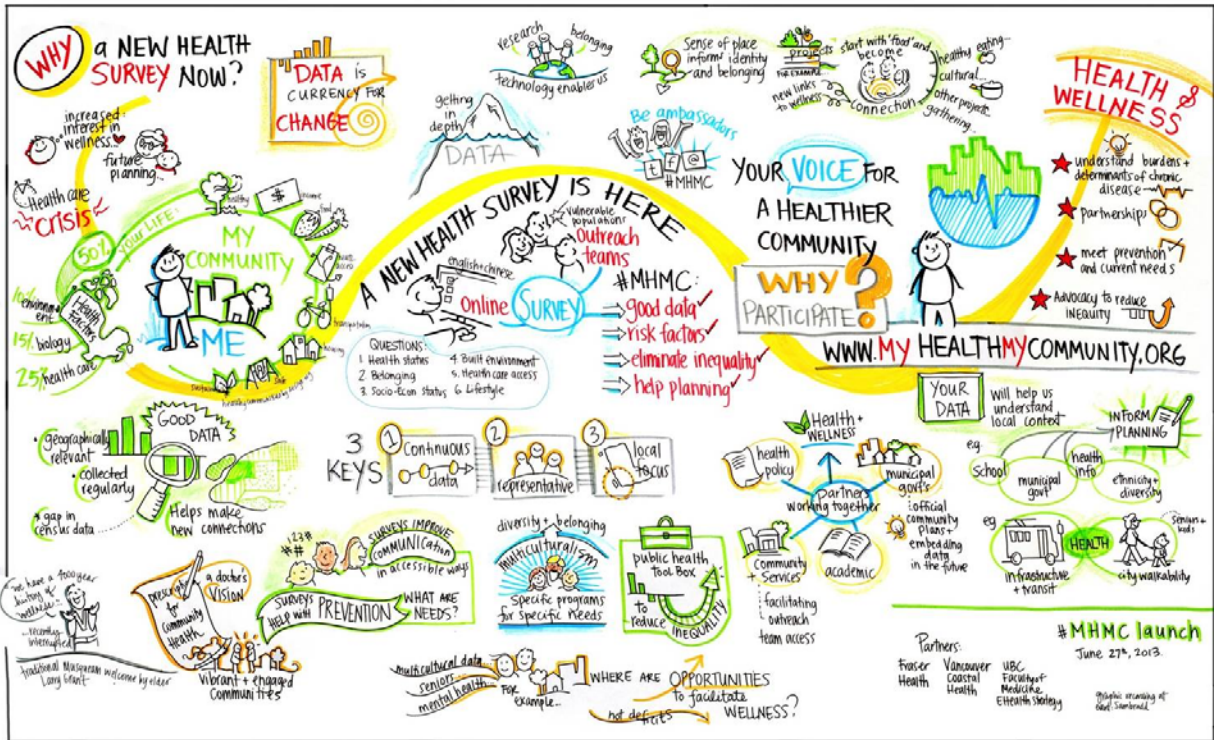


At the Spring CEAN forum in May 2013, CEAN members discussed the *My Health My Community* initiative and how it will affect our communities. Some topics for discussion include:

1. How to raise awareness about the *My Health My Community* initiative;
2. How to encourage participation;
3. How to share the results with members of the public.

The feedback and suggestions from the CEAN members was used by the project team to shape their promotional materials as well as their partnership strategy. You can check out the promo video at on YouTube (<https://www.youtube.com/watch?v=m7oasWyR95I>).

Several CEAN members also participated in a user-testing session to ensure that the survey questions were clear and easy to understand. This bright bunch of volunteers offered astute observations about the questions as well as the functionality of the survey itself. We also to thank the CEAN champions that promoted the survey in their communities! Want to take the survey or learn how to get involved with My Health My Community, check out: [www.myhealthmycommunity.org](http://www.myhealthmycommunity.org)!



my Health  
my Community

Your Voice For A Healthier Community - Be A Part Of It!  
[www.myhealthmycommunity.org](http://www.myhealthmycommunity.org)



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA  
Faculty of Medicine  
eHealth Strategy Office



Vancouver Coastal Health  
Promoting wellness. Ensuring care.

