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# Provincial Wellness Advisory Council

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Annual Report

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2016-2017

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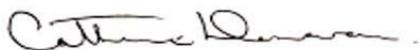


## MESSAGE FROM THE CHAIR

As Chair of the Provincial Wellness Advisory Council, I am pleased to present its annual report for the fiscal year 2016-17. 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.

Based on the results of the Provincial Wellness Review, it was recommended that the structure of the Council be adjusted to effectively meet the many recommendations in the area of healthy living set forth in **The Way Forward: A vision for sustainability and growth in Newfoundland and Labrador**. As such, it was mutually agreed that the work of the PWAC in its current form would end, while CSSD developed a proposal for a new governance model. The last meeting of the Council was held on January 12, 2017.

Sincerely,



Catherine Donovan, MD.,  
Chairperson

## Entity 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 of Health and Community Services and subsequently, Children, Seniors and Social Development, played 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 requires strong leadership and partnerships with various sectors and segments of society. The nature of the Provincial Wellness Advisory Council positioned it to provide advice to the Minister on various aspects and approaches necessary to advance healthy living and wellness in the province.

The Advisory Council had 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 was voluntary and appointments were made by the Minister (See Appendix 1).

Financial Information for the Advisory Council can be found on page 10 of this annual report.

### **Contact Information**

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### **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

From 2014-2017 the Advisory Council provided expert advice to the Minister of Children, Seniors and Social Development to help advance healthy living and wellness in Newfoundland and Labrador. Collectively, the members of the Advisory Council have a wealth of knowledge, experience and expertise in the areas of health promotion, wellness, policy and practice.

In addition, many partners contribute to the collective efforts to promote healthy living and well-being including regional, provincial and national organizations and governments; professional groups and associations; various sectors such as health, education, recreation and municipalities; research centres and academic institutions; and volunteer and advocacy groups. It is recognized that a collaborative and coordinated approach is necessary to create the conditions to achieve substantial improvements in health and well-being.

**Annual Objective:**

By March 31, 2017, 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:**

<b>Indicator</b>	<b>Report on Activities</b>
Provided Advice on Gaps and/or Priorities for Healthy Living and Wellness in Newfoundland and Labrador.	<p>Advisory Council members attended and provided input at the Premier’s Summit, The Way Forward: Shaping Our Future. The purpose of the Summit was to engage representatives from the business, labour, community and arts sectors to help finalize a vision for future actions by the Provincial Government.</p> <p>Advisory Council provided input on the creation of a new Health Promotion Healthy Living Action Plan for the province including the following:</p> <ul style="list-style-type: none"><li>• Reviewed the key findings from the Wellness Action Plan Workshop Report 2016 and provided feedback.</li><li>• Reviewed and discussed the Provincial Wellness Advisory Council Framework and associated Wellness Papers (e.g., Environmental Health, Mental Health</li></ul>

Indicator	Report on Activities
	<p>Promotion) and how these learnings could help inform the plan.</p> <ul style="list-style-type: none"> <li>• Participated in a facilitated Advisory Council discussion with the Minister providing input into the development of the Plan.</li> </ul>
<p>Provided Advice on Emerging Areas of interest to advance healthy living and wellness in Newfoundland and Labrador.</p>	<p>Advisory Council supported changes to the <b>Smoke-Free Environment Act, 2005</b> and the <b>Tobacco Control Act</b> (renamed the <b>Tobacco and Vapour Products Control Act</b>) which aim to further protect the public, in particular children and youth, from the harms of flavoured tobacco products (including menthol) and hookah smoking, and the potential harms of electronic cigarettes (e-cigarettes).</p>
<p>Provided advice on mechanisms to support monitoring of healthy living and wellness initiatives in Newfoundland and Labrador.</p>	<p>In January 2017, the Building Healthy Communities Indicators Report Monitoring the Evolution of a Healthy Built Environment in Newfoundland and Labrador was presented and reviewed with the Advisory Council. Advisory Council members agreed to share the report within their respective organizations.</p> <p>The Interdepartmental Committee on Health in All Policies consulted with the Chair of the Advisory Council on the best ways to promote and support this approach across government.</p>

<b>Indicator</b>	<b>Report on Activities</b>
Provided advice on areas of wellness in response to direction provided by the Minister of Children, Seniors and Social Development in Newfoundland and Labrador.	The Advisory Council members advised that a new council structure must consider the value of having mechanisms for networking opportunities and the importance of having representation from multiple sectors and all areas of the province to be provincial in scope.

The Provincial Wellness Advisory Council achieved its annual objective and indicators.

# Opportunities and Challenges

The Provincial Wellness Review 2014 reported that a smaller steering committee might help make the Advisory Council more effective in its advisory role. A review of similar health promotion systems in other jurisdictions and countries yielded the recommendation to restructure the Advisory Council to be smaller and more governance focused in order to provide timely advice on health promotion matters. In follow-up discussions with the Advisory Council, members recognized the recommendation but also expressed support for the networking opportunity the Advisory Council provided.

In November 2016, the Government of Newfoundland Labrador released **The Way Forward: A vision for sustainability and growth in Newfoundland and Labrador** which includes targets related to reducing smoking, increasing physical activity, increasing fruit and vegetable consumption, increasing breastfeeding initiation, reducing the obesity rates and creating healthy communities, demonstrating that health and wellness is a priority of government.

Based on the results of the Provincial Wellness Review, the structure of the council is being re-considered to more effectively provide leadership and advice on health promotion and healthy living actions to improve the health of the population as outlined in Government's **The Way Forward: A vision for sustainability and growth in Newfoundland and Labrador**.

The last meeting of the existing Advisory Council took place on January 12, 2017.

## Financial Information

The Advisory Council did not maintain a separate office. The Advisory Council work was supported and funded by the Healthy Living, Sport and Recreation Division. Associated meeting costs incurred by the Advisory Council were covered by the department and travel and other expenses associated with duties of the volunteer members were reimbursed by the department in accordance with the government travel guidelines. In 2016-17, a total of \$1346.00 was spent on Advisory Council activities.

<b>Area of Expenditure</b>	<b>Total Cost</b>
Meeting Expenses	\$ 1041.00
Travel Expenses	\$ 305.00
<b>TOTAL</b>	<b>\$1346.00</b>

# Appendix 1: Provincial Wellness Advisory Council Membership 2016-2017

**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
- Alliance for the Control of Tobacco
- Association of Registered Nurses of Newfoundland and Labrador
- Canadian Cancer Society of Newfoundland and Labrador
- Canadian Diabetes Association
- Canadian Mental Health Association
- Department of Education and Early Childhood Development
- Department of Environment and Conservation
- Department of Health and Community Services
- Department of Service NL
- Department of Seniors, Wellness and Social Development
- Dietitians of Newfoundland and Labrador- Member Group of Dietitians NL
- Heart and Stroke Foundation of Newfoundland and Labrador
- Memorial University of Newfoundland, Faculty of Medicine
- Municipalities Newfoundland and Labrador
- Newfoundland and Labrador Centre for Applied Health Research
- Newfoundland and Labrador Lung Association
- Newfoundland and Labrador Medical Association
- Newfoundland and Labrador Public Health Association

- Newfoundland and Labrador School Boards Association
- Newfoundland and Labrador Teachers' Association
- Executive Council, Office of Public Engagement
- Recreation Newfoundland and Labrador
- Regional Health Authorities
- Seniors Resource Centre of Newfoundland and Labrador