

# Health & Community Wellness Committee Terms of Reference – Shawenekezhik Health Centre

## 1. Vision Statement

We, the Atikameksheng Anishnawbek Health & Community Wellness Committee, recognize the need to promote a balanced wholistic lifestyle, which includes our emotional, mental, physical and spiritual well being. To achieve balance and harmony, the Committee will enhance, guide and promote individual cultural values and principles which will lead to personal, family and community healing for the present and future generations.

## 2. Health Centre Mission Statement

The Shawenekezhik Health Centre consists of a multi-disciplinary health team that is dedicated to promoting a strong and healthy mind, body and spirit. Our approach is to care, support and guide so that each individual can confidently achieve and maintain their own optimal level of wellness. We encourage independence and personal growth for a positive today and a brighter tomorrow for all.

## 3. Background

Under the authority of Atikameksheng Anishnawbek Chief/Gimaa and Council, a Health & Community Wellness Committee structure was established to support the initiatives of the Shawenekezhik Health Centre.

## 4. Mandate

The mandate of the Health & Community Wellness Committee is to act in an advisory capacity on matters pertaining to health promotion, health policy development and comprehensive health planning for programs within the Health & Community Wellness Department.

## 5. Accountability

The Health & Community Wellness Committee is accountable to the Chief/Gimaa and Council of Atikameksheng Anishnawbek and the community; and reports to them on its activities.

## **6. Committee Composition**

The appointed committee members will consist of a minimum of six (6) community members and a minimum of one (1) Portfolio Councillor.

The Portfolio Councillor will assume the duties of the chair.

Committee members will ideally have a health and/or social service background; knowledge of health and social issues and concerns in the community; awareness of health related programs and services offered internally and externally to the community; related program development experience; and, be representative of community demographics i.e. age populations (youth, adult, senior), gender, etc.

Membership is on a volunteer basis and members are not financially compensated for their participation.

## **7. Term**

Member appointment will be for a two (2) year timeframe.

A call for committee membership will be issued following each new election for Chief/Gimaa and Council to fill vacant seats. Interest to become a member of the Health & Community Wellness Committee can be expressed in writing to the Atikameksheng Anishnawbek Chief/Gimaa and Council.

## **8. Meetings**

The Health & Community Wellness Committee meets monthly on the third Thursday of every month. The committee with recess for July and August. Additional meetings may be scheduled as required.

Quorum shall consist of four (4) members and one (1) Portfolio Councillor.

Missing three (3) consecutive meetings without just cause may result in voluntary resignation.

## **9. Decision Making**

The Committee will strive to make decisions will be by consensus.

## **10. Principles**

Effective health promotion and prevention strategies ensure a solid foundation for the members of Atikameksheng Anishnawbek to enjoy optimal health. Where it is necessary, appropriate interventions will be recommended that will help to improve health outcomes and prevent harm. With this in mind, the Health & Community Wellness committee will:

- Develop an understanding of the social determinants of health (Appendix 1) and their impacts on program and policy development;
- Advocate for the protection of First Nation treaty rights in health;
- Learn about federal and provincial health related legislation and the impacts to Atikameksheng Anishnawbek;
- Ensure the implementation of culturally appropriate programs and services; and,
- Support capacity development for department staff.

## **11. Roles and Responsibilities:**

### **a) Portfolio Councillor/Chair**

The Portfolio Councillor will:

- Chair committee meetings; and,
- Report on committee activity to Chief/Gimaa and Council.

### **b) Health & Community Wellness Committee**

The committee will:

- Contribute to the development of the Five (5) Year Health Plan;
- Review the Five (5) Year Health Plan on an annual basis;
- Assist with health policy development;
- Provide feedback on program development and evaluation;
- Promote health & community wellness program activities;
- Be a positive source of support for staff;
- Establish sub-committees as needed;
- Ensure that committee activities are reported to Chief/Gimaa and Council;
- Maintain confidentiality and sign an oath on an annual basis;
- Participate in team training and capacity development as needed; and,
- Review terms of reference on an annual basis and recommend changes to Chief/Gimaa and Council

## **12. Secretariat**

Secretariat support will be provided by the Health & Community Wellness Department, Director's Office.

Support will include:

- Technical resources and information
- Meeting coordination and notification
- Record minutes, prepare agendas and disseminate meeting documents
- Budget allocation

## **13. Conflict of Interest**

Where committee members find themselves in a potential conflict of interest position regarding any item of business, those members will make this known to the committee and withdraw from participation in the discussion and decision making on the said business item.

## Appendix A

### **Determinants of Health**

“In 1948, the World Health Organization declared that, more than the absence of disease, health is “a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.” And later in 1986, the Ottawa Charter for Health Promotion declared that health is “created and lived by people within the settings of their everyday life; where they learn, work, play and love.”

Determinants of Health refer to the range of social, economic and environmental factors which determine the health status of individuals or populations (Nutbeam, 1998). These include:

- Income and Social Status
- Social Support Networks
- Education and Literacy
- Employment and Working Conditions
- Social Environments
- Physical Environments
- Personal Health Practices and Coping Skills
- Healthy Child Development
- Biology and Genetic Endowment
- Health Services
- Gender
- Culture

## Appendix B

### **Glossary of Terms**

**Health Promotion:** The process of enabling people to increase control over, and to improve, their health. (Syn.: enhancement)

**Prevention:** Implementing actions aimed at preventing the occurrence of disorders or diseases by addressing the associated risk factors and conditions. (Syn.: avoidance, deterrence)

**Secondary Prevention:** Ceasing or inhibiting the progress of a disease or disorder as soon as possible before intervention is required.

**Tertiary Prevention:** Reducing the occurrence for relapse of a chronic disease or disorder.

**Intervention:** Care and/or treatment provided to improve a situation (i.e. medical procedures or applications that are intended to relieve illness or injury).